
TOP 10 USES FOR SPEARMINT OIL

- 1. Digestive Support:** Take 2-3 drops internally to support digestion and other digestive/gut concerns. Consider adding Ginger, Peppermint, and Tangerine.
- 2. Fresh Breath:** Add a drop of Spearmint to toothpaste before brushing. Use a drop of Spearmint in water, as a mouth rinse. You can swallow afterwards.
- 3. Healthy Gums:** Use a drop of Spearmint in water, as a mouthwash/rinse. Rub Spearmint on focused areas as needed.
- 4. Respiratory:** Use in a diffuser or inhaler along with Eucalyptus and Lime oil to help open airways.
- 5. Cooling:** Add a drop of Spearmint to a 15mL glass water bottle. Spritz on body when overheated. You can also put a few drops of Spearmint, Frankincense, & Lavender on a wet wash cloth and place on forehead and back of neck when overheated.
- 6. Focus & Memory:** Diffuse Spearmint & Wild Orange to help with focus when studying.
- 7. Energy & Immunity:** Take 2-3 drops internally & diffuse regularly. When the gut is healthy and well you have more energy. Taking Spearmint internally helps boost immunity.
- 8. Cellular & Tissue Support:** Add Spearmint to your water and take internally.
- 9. Ticks:** Use directly on ticks or spritz on to repel ticks.
- 10. Uplifting Heart & Clarifying Mind:** 1 drop Spearmint, 1 drop Lavender, & 1 drop Clary Sage. Mix in your palms and inhale. Say the following affirmations as you inhale:
I release the need to hold myself down.
I value what I offer the world.
I can articulate my values and opinions confidently.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

