



# Peppermint Essential Oil: Everything You Need To Know About This Energizing Essential Oil (The Essential Oils Uncovered Series Book 2)

*Amy Joyson*

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## **Transform your health with the complete guide to Peppermint Essential Oil!**

### **Get 2 FREE Ebooks with this guide**

Master the powerful natural abilities of peppermint essential oil with this complete guide. Peppermint is well regarded as a brilliant aid in congestion and head ache relief. Did you know it can also be used to treat fever, relieve nausea, reduce the symptoms of asthma, repel insects and act as a brilliant deodorant? I could go on and on with an endless list of peppermints powerful therapeutic applications. It truly is a health powerhouse. Many aromatherapists agree that lavender should be a cornerstone of anybody's essential oil collection due to the sheer versatility and ease of use. This book has been written to provide a full and thorough breakdown of peppermint essential oil, ranging from its rich history to the modern day applications. Find out what the book contains below!

### **Here is exactly what you will learn whilst reading this book**

- A history of Peppermint Essential Oil's use
- A breakdown of Peppermint essential oils chemical composition
- The key therapeutic properties of Peppermint essential oil
- A detailed explanation of how the oil is extracted
- How to extract peppermint essential oil at home including how to maximize the purity and yield
- Complete safety instructions when using peppermint essential oil
- How to apply essential oils to the body through massage, inhalation, ingestion and topical application
- The amazing health benefits of the oil
- 21 remedies using peppermint essential oil exclusively, including stress relief and sunburn relief
- 20 easy and effective recipe/remedy blends containing peppermint oil for treating various ailments
- Cold and Flu remedy blend
- Headache treatment blend

- Heartburn remedy blend
- Body detoxification blend
- Acne Treatment Blend
- Over 30 more incredibly helpful natural blends!

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### **From reader reviews:**

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Spent a free time for you to be fun activity to try and do! A lot of people spent their free time with their family, or their particular friends. Usually they accomplishing activity like watching television, planning to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Could be reading a book might be option to fill your free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the book untitled Peppermint Essential Oil: Everything You Need To Know About This Energizing Essential Oil (The Essential Oils Uncovered Series Book 2) can be very good book to read. May be it could be best activity to you.

#### **Elsie Fiala:**

Exactly why? Because this Peppermint Essential Oil: Everything You Need To Know About This Energizing Essential Oil (The Essential Oils Uncovered Series Book 2) is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will jolt you with the secret this inside. Reading this book close to it was fantastic author who write the book in such incredible way makes the content inside of easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of rewards than the other book have got such as help improving your expertise and your critical thinking method. So , still want to delay having that book? If I ended up you I will go to the guide store hurriedly.

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