PEPPERMINT

A Buoyant Heart

Peppermint brings joy and buoyancy to the heart and soul. It invigorates body, mind, and spirit, and reminds individuals that life can be happy, and they don't have to be controlled by fear. It lifts an individual out of their emotional trials for a short reprieve. When individuals use Peppermint, they feel as though they're gliding through life. It assists in staying on the surface of emotional issues like floating on top of water.

The power of Peppermint can be felt most in times of discouragement or despair. When individuals are disheartened, they may use Peppermint to rediscover the joy of being alive.

However, a person may also abuse the properties of Peppermint oil. If it is used as a permanent escape to avoid dealing with emotional pain, it can hinder growth and progress. Peppermint should not be used in this way. It aids individuals who need a short breather. At times, a reprieve is necessary before reentering emotional waters, but one is not meant to wade in the shallow end forever. When it is accepted and embraced, emotional pain serves as a teacher. Peppermint can assist individuals in regaining the strength needed to face their emotional reality.

NEGATIVE EMOTIONS: Unbearable pain, intense despair, heavyhearted, pessimistic, sad

POSITIVE PROPERTIES: Buoyant, optimistic, relieved, strength to face emotional pain

COMPANION OILS: Tangerine, Elevation, Lime, Red Mandarin, Sunny Citrus

SUGGESTED USES:

Aromatic: Inhale from bottle, diffuse, or place 1 drop in hand, rub, and inhale.

Topical: Dilute 1-2 drops with carrier oil and apply over chest, on shoulders, or neck.