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MIRACLE USES *for*

PEPPERMINT OIL

INCLUDING HOME REMEDIES, SPA TREATMENTS AND MORE!



lalune
naturals

Tingling Peppermint Seaweed Mask

Seaweed is also known to help repair damaged skin cells, helps protect the skin from free radical damage, fight skin inflammation and irritation. Because of its nutritional properties, and the 54 trace elements found in seaweed, this amazing ocean wonder has been said to help slow down the aging process of the skin.

Ingredients

1 Tablespoons of La Lune Naturals Seaweed Powder
1-2 Drops of La Lune Naturals Peppermint Essential Oil
2 Tablespoon of Warm Water
1 Tablespoon of Aloe Vera Gel

Directions

Place the seaweed into a small bowl, add warm water and mix. Add aloe Vera gel, and stir until well mixed. Mix in about 1-2 drops of Peppermint essential oil to cover up the fishy smell. Feel free to add more water, if needed, to reach your desired consistency.

Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.



TIP: Try using La Lune Naturals Konjac Sponge to gently exfoliate your skin. Using our Konjac Sponge helps prevent blackheads & will pH balance your skin.

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Fast Acting Peppermint Headache Remedy



Prone to headaches and migraines? Take a few drops of peppermint oil and massage the temples and the base of the skull around the hairline to release tension.

Create a go-to peppermint oil headache releaser by mixing peppermint oil with a carrier oil (such as coconut or almond) into a roller bottle. When headaches creep up, simply roll the bottle into the temples and base of the neck.



Peppermint and Indian Clay Acne Mask

Combining the detoxifying effects of Indian Healing Clay and the oil eliminating properties of peppermint oil creates a powerful acne treatment!

Ingredients

2 scoops La Lune Naturals Indian Healing Clay
2 Tbsp Water
1-2 Drops La Lune Naturals Peppermint Oil

Directions

1. Mix together clay and water until it reaches a creamy consistency.
2. Add 1-2 drops of Peppermint oil
3. Apply to skin for 20-30 minutes, or until dry. Shorten time for sensitive skin.



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Peppermint Mouse Deterrent



It's a well known fact that mice do not like the smell of peppermint! Use this simple technique to repel rodents safely and naturally.

Ingredients

La Lune Naturals Peppermint Essential Oil
Cotton Balls

Directions

Collect the desired number of cotton balls, based on the area you'd like to treat.

Add 1-2 drops of peppermint oil to each ball.

Place balls in areas where mice congregate. Replace as necessary.

Peppermint and Zinc Oxide Acne Cream

Zinc oxide and peppermint oil are a powerful duo when it comes to acne. Use this a spot treatment for problem skin areas.

Ingredients

1-2 Scoops of La Lune Naturals Zinc Oxide Powder
1-2 Tablespoons of Aloe Vera gel
1-2 drops of La Lune Naturals Peppermint oil

Directions

Mix together zinc oxide powder and aloe vera gel until it reaches a creamy consistency.

Add 1-2 drops of peppermint oil. Apply to problem areas on skin.



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Peppermint Pep Up



Need an afternoon pick-me-up? Skip the coffee and try this fresh mint refresher, applied directly to your skin.

Ingredients

La Lune Naturals Peppermint Oil
Lemon or Orange Essential Oil

Directions

Combine peppermint oil with lemon (or orange) oil and apply to the back of the neck. Breathe in the oil that is left on your hands.

Bad Breath Eliminator

Peppermint oil can be mixed with water to create a refreshing mouth wash that will brighten your breath!

Ingredients

La Lune Naturals Peppermint oil
Water

Directions

Mix a 1/2 cup of water with 1-2 drops of peppermint oil. Swish in around in the mouth for several minutes and then spit out in sink. Enjoy your fresh breath!



Peppermint Anti-itch Cream with Zinc Oxide



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The gentle anti-inflammatory benefits of zinc oxide allow you to create a safe, non-toxic cream for your delicate skin. Create your own chemical-free rash cream for rashes, sun burns and more.

Ingredients

1 Tbsp. La Lune Naturals Zinc Oxide powder
1/8 cup Beeswax
2/3 cup (4 1/2 oz.) Coconut Oil
1-3 drops of La Lune Naturals Peppermint Oil

Directions

1. Add coconut oil and beeswax to a glass bowl and melt using a double boiler set-up. I always improvise this, so don't stress yourself out thinking that you have to do it in a fancy way. Warm at a low-med heat until both are completely melted. It only takes a few minutes.
2. Add zinc oxide powder to the bowl with the melted oil and wax. Using a stick blender or hand mixer, blend for several minutes until the powder is completely mixed in with no clumps.
3. Pour into containers and let cool and solidify.

Peppermint Foot Facial

Create your own spa treatment at home with this refreshing foot facial. Peppermint adds a tingling sensation that will help you relax and enjoy.

Ingredients

La Lune Naturals Indian Healing Clay
Pau d'Arco Tea
La Lune Naturals Peppermint Oil

Directions

1. Mix equal parts of Indian Healing Clay with brewed Pau d'Arco Tea and 5 drops of Peppermint Oil.
2. Apply to feet, especially in between the toes, let dry 30 minutes
3. Rinse well in warm water.

You can substitute green tea for the ingredients listed above.



Peppermint Tick Remover



Ticks dislike peppermint oil and will release their grip once the oil is applied.

Ingredients

La Lune Naturals Peppermint Oil
Q-tip

Directions

Place a few drops of peppermint oil on a q-tip until it's soaked. Dab the q-tip on the tick. Wait for the tick to withdraw it's head and then remove it.

Peppermint Seaweed Cellulite Scrub

The anti-inflammatory and tightening properties of peppermint oil make it a natural fit for the perfect cellulite scrub! In addition, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

Ingredients

3 tbsp La Lune Naturals Seaweed Powder
3-4 drops of La Lune Naturals Peppermint Oil
1/4 cup sea salt
1/4 cup olive oil

Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.



Peppermint Spider & Ant Natural Deterrent



It's a well known fact that spiders and ants do not like the smell of peppermint! Use peppermint oil in a spray or with cotton balls.

Ingredients

La Lune Naturals Peppermint Essential Oil
Cotton Balls

Directions

OPTION 1:

Collect the desired number of cotton balls, based on the area you'd like to treat.

Add 1-2 drops of peppermint oil to each ball.

Place balls in areas where spiders and ants congregate.
Replace as necessary.

OPTION 2:

Add 4-5 drops of peppermint oil to water in a spray bottle to create a peppermint bug spray. Spray areas where bugs congregate.

Peppermint Air Freshener

Peppermint is one of the most versatile essential oils because of its powerful scent and many properties. There are many ways to use peppermint as an air freshener.

Option 1

Add La Lune Naturals Peppermint Oil to a diffuser. Follow manufacturer's directions for use.

Option 2

Add 4-5 drops of La Lune Naturals Peppermint Oil to water in a spray bottle to create a air freshening spray.

Option 3

Add a few drops of La Lune Naturals Peppermint Oil to the bottom of your trash can or diaper pail to eliminate odors.



Peppermint Clay Insect Bite Treatment



Also good for abrasions, skin irritations, bruises, sprains, diaper rash, acne, and fungus.

Ingredients

La Lune Naturals Indian Healing Clay
1-2 drops La Lune Naturals Peppermint Essential Oil
Distilled Water

Directions

1. Make a thick paste of clay and distilled water. Add a few drops of peppermint oil.
2. Apply to skin. Re-apply as needed.

All Natural Peppermint Household Cleaner

Create a refreshing all-natural household cleaner without using toxic chemicals.

Ingredients

1/2 Tsp. La Lune Naturals Peppermint Oil
1/2 cup white vinegar
32 oz. (1 quart) cups water

Directions

Mix ingredients together and store in your favorite spray bottle. Use on multiple surfaces.



Peppermint Stress Reliever



Add peppermint oil to a diffuser to give relief from stress, depression and exhaustion. Peppermint oil has an uplifting quality that will leave you feeling refreshed and relaxed.

Ingredients

La Lune Naturals Peppermint Oil
Diffuser

Directions

Add La Lune Naturals Peppermint Oil to diffuser, follow manufacturer's instructions.

Peppermint Seaweed Wrap for Cellulite

Seaweed wraps are often used as expensive detoxifications and cellulite wraps in spas. But with La Lune Naturals, you can do a simple wrap at home, get the same results—but at a fraction of the price!

Ingredients

- 1/2 Cup La Lune Naturals Seaweed Powder
- 3-4 Tablespoons of Your Favorite Oil
- 2-4 Peppermint Essential Oil
- Warm Water
- Plastic Wrap
- Towels
- A shower curtain (Optional)

Directions

Mix together La Lune Naturals Seaweed Powder, Peppermint oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.



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Relaxing Peppermint Foot Soak



Create a relaxing foot soak for aching feet. Relieve overworked, swollen feet with this simple recipe.

Ingredients

A bowl of warm water
2-3 drops of La Lune Naturals Peppermint Oil

Directions

Fill a bowl with warm water. Add 2-3 drops of La Lune Naturals Peppermint Oil. Soak your feet for as long as needed.

Peppermint Sugar Scrub

Create a refreshing sugar scrub for your skin with the bright scent of Peppermint.

Ingredients

2 cups organic cane sugar
1 cup grapeseed oil (or coconut, olive, or almond oil)
20-30 drops peppermint essential oil

Directions

1. Add the sugar to a mixing bowl.
2. Gradually pour in the oil and stir to combine. You may not need the full cup of oil—you want just enough to moisten all of the sugar without it being too oily.
3. Add in your essential oil and mix well. Store in an airtight container.



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Peppermint for Seasonal Allergy Relief



Peppermint Essential Oil has analgesic (pain relief) and anti-inflammatory properties and has been used for centuries to relieve nasal congestion. For some individuals, the use of peppermint oil has eliminated the need for allergy shots.

Directions

Topically: Apply 1 drop of Peppermint Essential Oil to the base of the neck 2 times/day. You can also dilute peppermint in Olive Oil or other carrier oil and apply around the nostrils (If applied at full strength, this oil may be too strong and sting the sensitive tissue of the nostrils)

Diffuse: Diffuse Peppermint Essential Oil by the bedside and throughout the day.

Inhalation: Apply 1-2 drops of Peppermint to the palm of your hand. Rub your hands together and cup them over your nose. Inhale deeply 4-6 breaths.

Thank You

For trying our recipes!

Questions or comments?

Contact us at leah@lalunenaturals.com
or visit www.lalunenaturals.com



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