



# THE PEPPERMINT JIM

## DISTILLING QUALITY PRESS SINCE 1912



### The Difference Between Peppermint & Spearmint

**THE DIFFERENCE** between peppermint and spearmint is that **peppermint** naturally contains a high concentration of **menthol**, giving it a cooling sensation on the skin and a sinus opening effect. Peppermint is known to be uplifting, energizing. **Spearmint** is warming and soothing due to its high natural **camphor** concentration and often experienced as calming and relaxing.

### The Properties of PEPPERMINT & SPEARMINT OILS

- Are known to be:
- antibacterial
  - antiviral
  - anti-inflammatory
  - antimicrobial
  - antispasmodic
  - anti-oxidant
  - anti fungal
  - analgesic

### USES for PEPPERMINT & SPEARMINT OILS

**YOU MAY** dilute the oils if desired with a carrier oil such as coconut oil, olive oil, massage oil or lotion, etc, depending on the application. Throughout history, mint oils have been used for:

**Acne:** Dab on spots as needed.

**Arthritis:** Apply and massage on painful areas, may dilute with lotion.

**Cleaning/Household uses:** Add to mop water, dish washer, to air vents (anti-fungal!) or add 1 drop to toothbrush. Use on hard surfaces only. Add 6-10 drops of oil to laundry softener or detergent to help against mold and smells in the **washing machine**. Add 10 drops to a cotton ball inside the vacuum bag. This also deters spiders!

**Canker/Cold Sores:** Dab oil on as soon as symptoms occur and repeat twice a day as needed.

**Congestion/Snoring:** apply small amount of **peppermint** on pillowcase or underneath nostrils, or chest. For children: Add to vaporizer, dilute with baby oil on skin or simmer water with oil on stove. (Attention; keep oils and hot water away from children, please.)

**Drowsiness/Focus:** In Japanese schools this has shown to help students retain more information and achieve higher test results. NASA found that the scent of peppermint improves focus and concentration by 30%. Great for drivers too!

**Ear Infection:** Use an applicator (finger tip or cotton swab) to apply small amount of oil on inside of the ear. Repeat as needed.

**Fever:** Apply some oil on forehead (before bedtime) and/or bottom of feet.

**Headaches & Migraines:** apply oil on forehead, temples, back of the neck and/or on head where pain is located.

**Insect bites:** apply against pain, swelling and itching.

**Itching:** apply topically, dilute with some olive oil on larger areas or add few drops to bathwater (may add to sea salt for better dissolving).

**Nail (fungus) Infection:** apply on affected area twice a day as needed.

**Nausea/Upset Stomach/IBS:** Apply small amount of peppermint underneath nose, back of neck. For cramps, massage on abdomen.

**Pest Control (Ants, Mice, Spiders, Flies):** Soak cotton balls in peppermint oil, and place in problem area. Or add 40-50 drops to 32 oz water in spray bottle and spray.

**Skin Tags:** Apply topically twice a day. Customers have reported results after approx. 2 weeks.

**Sore throat:** apply small amount of oil on back of the tongue, gargle and/or add to tea/water. Repeat as needed.

**Stress:** Diffuse or sprinkle peppermint or spearmint around the room, add to bath salt, massage oil, etc.

**Toothache:** apply topically on painful area as needed.

### Peppermint Jim Oils: Farm Distilled One Point Origin & Made in America

**Peppermint Jim** offers quality mint products from the Crosby Mint Farms, est. 1912. Many essential oil lovers have praised the quality and pureness of our oils. We are proud to say that our oils go from our distillery straight into the bottle. With your purchase you support a fourth generation of Crosby mint farmers, an American tradition that is geared to last for many more years to come. Thank you.

Our oils are produced in close cooperation with Mother Nature and we like to think of them as wines; with each batch, small differences in taste, color and scent may occur. This is due to the amount of rain, sun, temperatures and overall weather variations of that particular growing year and does not affect the potency or effectiveness of the oils.

The information provided here is meant for educational purposes only; it is not intended to substitute the consultation of a medical professional, health care provider or pediatrician. If you are on medication, are pregnant or lactating, you should consult your health care provider before use. This product is not intended for children. Keep out of reach of children and pets. Some people may be allergic. This product and information have not been evaluated by the FDA and is not intended to prevent, diagnose, treat or cure a medical condition.



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