

A cup of dark liquid, likely tea, sits on a light-colored wooden tray. The tray is decorated with several pinecones and two dried orange slices. In the background, a green pine branch is visible. The entire scene is set against a white background with a subtle, repeating pattern of the same elements.

EVERYTHING YOU NEED

TO KNOW ABOUT

*Peppermint +
Lavender*

WINTER BOGO 2019

Lavender



- + MINIMIZES SEASONAL DISCOMFORTS WHEN USED WITH PEPPERMINT + LEMON
- + SUPPORTS SKIN WHEN DRY, CHAPPED, CHAFED OR BURNED
- + PROMOTES RELAXATION WHEN INHALED OR DIFFUSED
- + APPLY TOPICALLY ON STRESSED OR TENSE MUSCLES
- + ADD ONE DROP TO YOUR FAVORITE MASCARA TO PROMOTE LONG + HEALTHY EYELASHES
- + DIFFUSE AT BEDTIME TO SUPPORT A RESTFUL SLEEP

Lavender

DIFFUSER BLENDS

cool down

- + 4 DROPS SPEARMINT
- + 2 DROPS LAVENDER
- + 2 DROPS PEPPERMINT

clean air

- + 3 DROPS LAVENDER
- + 3 DROPS EUCALYPTUS
- + 3 DROPS TANGERINE

sea breeze

- + 3 DROPS LAVENDER
- + 3 DROPS LIME
- + 1 DROP SPEARMINT

lavender mint

- + 4 DROPS LAVENDER
- + 2 DROPS PEPPERMINT

comfy cozy

- + 2 DROPS HARVEST SPICE
- + 2 DROPS LAVENDER
- + 2 DROPS WILD ORANGE

Favorite Recipes

diy touch roller

30 DROPS LAVENDER
10 ML ROLLER BOTTLE
TOP WITH COCONUT OIL

sugar scrub

$\frac{1}{2}$ CUP OLIVE OIL
1 CUP GRANULATED SUGAR OR
BROWN SUGAR
15-20 DROPS LAVENDER

detox bath soak

$\frac{1}{4}$ CUP BAKING SODA
 $\frac{1}{4}$ CUP EPSOM SALTS
10-15 DROPS LAVENDER

femme hygiene spray

1 OZ GLASS SPRAY BOTTLE
5 DROPS EACH LAVENDER, TEA TREE,
FRANKINCENSE
 $\frac{1}{4}$ OZ WITCH HAZEL
DISTILLED WATER

Peppermint



- + IMPROVES FOCUS WHEN INHALED FROM THE BOTTLE OR
DIFFUSED WITH YOUR FAVORITE CITRUS OIL
- + SUPPORTS DIGESTION WHEN APPLIED TOPICALLY OR TAKEN
INTERNALLY (EITHER UNDER THE TONGUE OR IN WATER)
- + ADD A DROP UNDER YOUR TONGUE WHEN YOU NEED TO
FRESHEN YOUR BREATH
- + APPLY TOPICALLY TO ANY AREA THAT IS EXPERIENCING
TENSION
- + THE BEST ADDITION TO HOLIDAY BAKING

Peppermint

DIFFUSER BLENDS

mint drop

- + 2 DROPS CINNAMON
- + 2 DROPS CARDAMOM
- + 2 DROPS PEPPERMINT

happiness

- + 5 DROPS CITRUS BLISS
- + 4 DROPS ELEVATION
- + 3 DROPS PEPPERMINT

seasonal relief

- + 3 DROPS PEPPERMINT
- + 3 DROPS LEMON
- + 3 DROPS LAVENDER

mint surprise

- + 5 DROPS PEPPERMINT
- + 2 DROPS YLANG YLANG

mint patty

- + 2 DROPS WILD ORANGE
- + 4 DROPS PEPPERMINT
- + 1 DROP FRANKINCENSE

Favorite Recipes

diy touch roller

30 DROPS PEPPERMINT

10 ML ROLLER BOTTLE

TOP WITH COCONUT OIL

good morning sugar scrub

$\frac{1}{2}$ CUP COCONUT OIL

1 CUP GRANULATED SUGAR

10-15 DROPS PEPPERMINT

homemade mouthwash

$\frac{1}{2}$ CUP DISTILLED WATER

2 TSP BAKING SODA

$\frac{1}{2}$ TSP SEA SALT

2 DROPS PEPPERMINT + TEA TREE

sweet mint surface cleaner

GLASS SPRAY BOTTLE

5 DROPS EACH LAVENDER, WILD ORANGE

+ PEPPERMINT

$\frac{1}{4}$ OZ VINEGAR

DISTILLED WATER