

Contact Information:

Star Broussard:

www.joyfuljunction.com

Email: tnjoyfamily@yahoo.com

*PO Box 1328, Iowa, Louisiana 70647
337.582.2101*



Note from Star:

"It is my delight to study and incorporate essential oils into our daily life. God has blessed me with the desire to share my natural health journey with those who wish to enhance their overall health.

May you enjoy your adventure with the gift of plants & their essential oils."

ESSENTIAL OIL GUIDE

"PEPPERMINT"



EXPLORING THE BASICS OF PURE ESSENTIAL OILS

CONTENTS

- **INTRODUCTION & BACKGROUND**
- **PEPPERMINT & BASE OILS**
- **PRECAUTIONS & APPLICATIONS**
- **METHODS & BENEFITS**
- **CONTACT INFORMATION**

WWW.JOYFULJUNCTION.COM



ESSENTIAL OILS, or the pure essence of plants, have been an integral part of many ancient civilizations. Many oils are historically documented for their cosmetic as well as medicinal uses. Whether infused in a

luxurious bath for the royalty of Ancient Egypt, or credited by Hippocrates for helping rid the plague in Athens, the aromatics of plants have definitely stood the test of time.

There are over 100 types of essential oils that have profound mental and physical advantages. Some of the common therapeutic benefits include antiviral, antibacterial, antidepressant and anti-inflammatory properties. There are also oils with decongestant & expectorant properties.

Many people credit essential oils with affecting the mood of the recipient, however there are several other significant aspects of these oils such as:

- help relieve pain,
- eliminate odors,
- kill airborne bacteria,
- improve circulation,
- alleviate tension,
- reduce fatigue,
- promote relaxation,
- limit anxiety
- improve digestion.



Obviously, the use of essential oils, also known as "aromatherapy," has a wide array of potential. And if used properly, essential oils are extremely safe and easy to use in everyday life.



VAPORIZER: (Steam or Cold Air Diffuser)

- Reduces Nasal Inflammation
- Reduces Airborne Viruses/Bacteria
- Stimulates Olfactory Senses
- Many other Therapeutic Benefits



SPRITZER:

- Stimulates Senses
- Reduces Airborne Viruses & Bacteria
- Pleasant Aroma (calming or invigorating)
- Alternative to Perfume/Cologne



ALL-PURPOSE CLEANER & LAUNDRY CARE:

- Antiseptic Properties
- Antibacterial Properties
- Pleasant Aroma

IMPORTANT NOTE: The contents of this Guide is for educational purposes only and has not been evaluated by the Food and Drug Administration.

The information is not intended to diagnose, treat, cure, or prevent any illness or disease.

Consult with your medical practitioner.



MASSAGE :

- Reduces stress & pain
- Enhances immune system
- Increases circulation
- Reduces blood pressure
- Nourishes the skin



BATHS:

- Cleansing
- Removes Toxins(Poisons)
- Soften Skin
- Promotes relaxation,



COMPRESSES:

- Controls Inflammation
- Relieves Pain
- Promote Healing



LOTIONS/CREAMS:

- Moisturizing
- Reduces Cellulite
- Nourishes Skin
- Cell Renewal

PEPPERMINT ESSENTIAL OIL

PEPPERMINT is a familiar herb that contains many powerful qualities when used as an essential oil:

- Antifungal,
- Antiviral
- Analgesic,
- Antiseptic
- Antispasmodic
- Astringent
- Expectorant
- Decongestant,
- Anti-inflammatory
- Anti-infectious
- Digestive aid
- Invigorating.



Peppermint essential oil has a distinguished, refreshing fragrance . It is commonly used to stimulate the mind, increase focus, and calm irritation. It can assist in nervous disorders and has successfully treated migraines, bronchitis, sinusitis, indigestion, nausea, colds and flu. acne, muscle pain, and travel sickness.

BASE ("CARRIER") OILS

:Base oils, also known as carrier oils, are necessary to dilute the highly concentrated and powerful essential oils before applying directly on the skin. These oils also assist in nourishing the skin and rejuvenating cells.

Each base oil has unique qualities that effect their texture, odor, absorbency and shelf life. Some common base oils used for diluting are jojoba, grapeseed and sweet almond oil.

IMPORTANT PRECAUTIONS

PLEASE READ THE FOLLOWING BEFORE APPLYING OILS:

BEWARE of Synthetic (or chemically based) oils. They do not provide the same natural healing qualities as pure essential oils and are harmful (toxic/poisonous) to your body.

MEDICAL CAUTION If pregnant or nursing or have a pre-existing medical condition, consult with an experienced medical practitioner prior to using essential oils (Do not substitute aromatherapy for medical care)

DILUTE essential oils before using on body. They are highly concentrated and stronger oils can cause adverse reactions and possibly burn the skin. Examples of base oils are sweet almond, jojoba or grapeseed

SAMPLING—Inhale at least 5 inches from your face when sampling a pure/undiluted oil (to avoid sudden headaches or other unfavorable reaction)

SKIN TEST Use caution if you have sensitive skin (especially on face—Avoid Eye Area) Apply a drop on your inner wrist or forearm with a small amount of base oil and cover. I DO NOT recommend internal use of essential oils—Consult with a certified health practitioner!)

STORE in dark glass containers and avoid direct sunlight. Proper storage helps extend the shelf life and potency of the essential oils. Keep OUT OF REACH young children—Dangerous if ingested!



“GETTING STARTED”

7 BASIC APPLICATIONS OF ESSENTIAL OILS

#1 BASIC INHALATION:

Select your oil and apply 1-2 drops on a cotton ball or tissue. Place it in your hands and slowly breathe in (inhale) about 2-3 inches from your nose
OR place cotton ball or tissue under your pillow before going to sleep

#2 SIMPLE SOAK:

15 drops of essential oil directly in bathwater or 4 drops in foot bath

#3 MASSAGE

(Note: If you don't have a base oil, you may use unscented lotion)
Small Batch= 5 tsp base oil, 5 drops essential oil,
Medium Batch =1 oz base oil with 15 drops
Large Batch= 4 oz base oil & 60 drops of oil

#4 VAPORIZATION:

Boil 1 cup water and add 3-5 drops essential oils.
Inhale the scent or allow to diffuse & purify the air

#5 COMPRESS:

5 drops of oil in basin of hot water, dip towel in water, squeeze excess water & apply to sore area

#6 SPRITZER

Mix 2oz water & 4 drops essential oil in a spray bottle

#7 CLEANING

Add 3-5 drops of oil with 1 cup laundry detergent OR in a vinegar/water solution OR directly in mop water