

*Refreshing &
Clarifying*



PRIMAVERA®



DIY

Recipes with

Organic Peppermint



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Organic Peppermint

Essential peppermint oil relieves headaches, invigorates your senses and revitalizes your mind.

Fragrance Profile

Fresh, cool, clear

Benefit

Helps clear your mind, alleviates headaches, fosters concentration, invigorates when suffering from fatigue and supports healthy digestion.

"PICK-ME-UP"

Body and Massage Oil

- 50 ml Organic Sweet Almond Oil
- 3 drops of Organic Peppermint
- 6 drops of Organic Lemon
- 2 drops of Organic Rosemary Cineole

Mix the essential oils into the almond oil and shake well. This revitalizing body oil is more easily absorbed if massaged into slightly damp skin.

"CLEAR THOUGHTS"

Roll-On

- 10 ml Organic Sweet Almond Oil
- 2 drops of Organic Peppermint
- 1 drop of Organic Lemon

Mix the oils in an empty roll-on dispenser. Apply to the nape of the neck, temples and wrists to reinvigorate yourself.



Mentha piperita



DIY

