

# Combat Congestion

## Peppermint Essential Oil



### how to use:

I recommend adding 5 to seven drops of essential oil to boiling water in a large pot or heatproof bowl. Use a towel to cover your head, and breathe through your nose for no more than two minutes at a time. Keep your eyes closed to prevent any irritation.

Peppermint acts as an expectorant and may provide relief for allergies, as well as colds, coughs, sinusitis, asthma, and bronchitis.

Peppermint oil may have ability to discharge phlegm and reduce inflammation which is the leading cause of allergic reactions.

It can be added to a glass of water, cup of tea or smoothie. Peppermint oil can also be applied topically to the chest, back of neck and temples. Always dilute peppermint oil before applying topically. You can use your favorite carrier oils when formulating your perfect blend