

# *Shortt's Shorts on Young Living's Peppermint Essential Oil*

*One drop of Young Living's  
Peppermint Essential Oil is equal to  
28 peppermint tea bags!*

***Headache relief** is in this bottle of peppermint –  
rub a drop on your neck, temples, and forehead.*

*Use peppermint to deter bugs.*

*Use peppermint to energize you for the day.*

*Use peppermint as an appetite suppressant.*

*Use peppermint to bring down temperature and  
relieve hot flashes!!*

*Inhale peppermint to keep you alert while driving*

*A drop under your tongue combats bad breath*

*Great for travel sickness*

*Diffuse or inhale before a workout to energize*

*Add a drop in water to suppress appetite*

*Add topically to relieve itchy skin/ poison oak*

## **On a personal note:**

*I spray on my screens to keep the 'no-see-ums' away.*

*Have your Young Living products delivered to your door in the world. Contact me  
at:*

*[www.sandishortt.com](http://www.sandishortt.com)    705-868-3047    [seshortt30@gmail.com](mailto:seshortt30@gmail.com)*

*Young Living #10499520*