

*Refreshing &
Clarifying*



PRIMAVERA®



DIY

Recipes with

Organic Peppermint



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Organic Peppermint

Peppermint essential oil helps relieve 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.



Mentha piperita



DIY

“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
- 2 drop Mandarin Red Organic

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

