

# The Intuitive Connection

## Inside this issue:

Upcoming Workshops, Services & Referrals

2

## Oil Spotlight: Peppermint



Summer heat getting to you? There's an oil for that! Trying to stay cool and motivated in the summer heat does not have to be tough, especially if you put Peppermint essential oil in your toolbox. Let's review the many uses of Peppermint.

Peppermint (*Mentha x piperita*) is actually a hybrid of spearmint and water mint. Indigenous to Europe and the Middle East, this herbaceous plant is typically 12-35 inches tall with broad, slightly fuzzy leaves, and small purple flowers. It is very versatile and can be used aromatically, topically, and internally. For those with sensitive skin (including children), Peppermint could cause a skin sensitivity if applied topically, so it is best to dilute this oil with a carrier oil first. Also, for small children (under age 5), avoid applying Peppermint near the face because of the high menthol content, however diffusing this oil in the room with young children is fine.

Peppermint falls into the "medicinal" fragrance category. It has a strong, fresh, penetrating, menthol scent. It is often found in products such as gum, tea, candy, toothpaste and ice cream. But what else is Peppermint essential oil good for?

One way to use Peppermint is for digestive support (such as spasms, colic, and even irritable bowel). Try adding 1 drop to a cup of tea, or put 1-2 drops in a veggie capsule and take to alleviate stomach upset. Did you know just breathing in the scent of Peppermint can calm down nausea or vomiting? Try adding a drop to a cool compress for relief.

Another benefit of Peppermint is its ability to reduce pain and inflammation because of its high menthol content. Menthol creates a cooling and numbing sensation when applied topically, so add a drop of Peppermint to a carrier or lotion and apply to sore muscles or on the head/neck for pain relief.

Peppermint is also a great for respiratory support. It has anti-inflammatory, antibacterial, antioxidant, antispasmodic, antiviral, decongestant, expectorant, fever reducing, and immunostimulant properties. I personally love adding 1 drop to a steaming cup of hot water and inhaling the scent whenever I'm having a respiratory issue.

But what about fighting the summer heat like I mentioned? Well, the menthol in Peppermint provides not only a cooling effect, but is also energizing and stimulating both mentally and physically. I love combining Peppermint and Wild Orange in my morning shower for an uplifting and energizing start to my day.

Some suggested uses for cooling with Peppermint are:

- Add 1 drop of Peppermint oil to water for a cooling and refreshing drink. Another plus is that you'll have minty fresh breath too.
- Add 4-5 drops Peppermint oil to a 2 oz water bottle and fill with distilled water. Shake well and spritz on chest, arms, feet or neck for a cooling pick-me-up.
- Combine 1 cup aloe vera juice, 1/4 cup fractionated coconut oil, 1 teaspoon vitamin E, and 8 drops each Lavender, Peppermint, and Tea Tree oil to an 8 oz glass spray bottle. Shake well and spray on skin that was over exposed to the sun. Apply as needed.



## Upcoming Workshops

### Beginning Animal Communication Workshop

Saturday, 8/10/19

9:00-11:30

Collective Karma

450 W Goodwin St, Ste 102c

Prescott, AZ

Cost: \$40

### Essential Oil Make & Take Workshop

Sunday, 8/11/19 or Saturday, 8/17/19

3:00-4:00

2:00-3:00

Collective Karma

Body Connection

450 W Goodwin St

8516 Hwy 69

Prescott, AZ

Prescott Valley, AZ

Cost: \$15

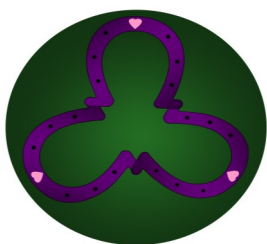
All materials are provided

To register, click on the link below

<https://www.trinityhealingconnection.com/workshops>

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*Trinity Healing*

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## Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled  
in person or remotely*

### Referrals

Needing a service I don't provide? I recommend the following:

**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: [info@anneangelheart.com](mailto:info@anneangelheart.com)

530-755-4767

**Kris Tondee**

Psychic Reader

Website: [readingsbykristondee.com](http://readingsbykristondee.com)

916-605-9091