



## Wintergreen Essential Oil

**DESCRIPTION:** Stimulating and soothing. Diffuse this minty aroma to inspire feelings of warmth and relief to body and mind.

**TOP AROMATHERAPY BENEFITS:** stimulate • relieve • soothe

**AROMA:** Cool & Minty

**BLENDS WITH:** Bergamot, Lavender, Peppermint

**INGREDIENTS:** Gaultheria procumbens (wintergreen) leaf oil

**COLLECTION METHOD:** Steam Distilled

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. Avoid use if pregnant or breastfeeding. If under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Not intended for use on children.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a stimulating and soothing aromatherapy experience.

#### Linen Mist

Add a few drops to a spray bottle, shake well and use as a linen mist.

#### Soothe Joints

Add 1-2 drops of wintergreen to carrier oil and use for a warming massage on sore muscles or achy joints.

#### Cleanse Body Odor

Add a few drops to a warm bath for a odor-cleansing soak.

#### Shampoo Boost

Add a few drops to shampoo and massage into scalp to encourage hair growth.

#### Daily Shower Spray

Add 1 cup of water to a spray bottle and combine with 1 tablespoon liquid Castille soap, 5 drops each of wintergreen and lavender oil. Use after showering on tile and glass.

#### Clean Sweaty Clothes

Add 10-15 drops per gallon of water and soak gym clothes and sports gear before adding to washing machine.

#### Gym Bag Deodorizer

Add a drop to a cotton ball and place in gym bag to mask the smell of sweaty gym clothes.

#### Vapor Rub

Create a homemade vapor rub by combining 2 drops each of eucalyptus and wintergreen with a carrier oil and apply to chest.

#### Encourage Relaxation

Diffuse or dilute and use topically to encourage relaxation when experiencing nausea, bloating or indigestion.

#### Healthy Eating Habits

Dilute and apply to pulse points when trying to avoid sugar and overeating.

#### Encourage Metabolism

Combine with a carrier oil and apply to wrists and chest when dieting and exercising.

### DIY AROMATHERAPY BLENDS:

**Be Alert:** Wintergreen + Rosemary

**Calm & Cool:** Wintergreen + Lavender + Lemongrass

**Cleanse the Air:** Wintergreen + Basil + Eucalyptus

**Energy Booster:** Wintergreen + Lemongrass + Orange

**Falling Snow:** Wintergreen + Canadian Fir + Clove

**Feel Refreshed:** Wintergreen + Bergamot + Eucalyptus

**Fresh Air:** Wintergreen + Canadian Fir + Eucalyptus

**Hot & Cool:** Wintergreen + Cinnamon

**Winter:** Wintergreen + Canadian Fir + Peppermint

Dilution Ratio: Best practices state that one ½ tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.