

Peppermint Powder

Description: Dark green powder

Application: Scrubs, body powders, hydrotherapy, body wraps, masks, muds

Benefits: Contains vitamins A, C, and E. Helps relieve pain and reduce sensitivity. Gives feeling of heightened energy. Aids in concentration. Believed to help relieve motion sickness, headaches, and nausea. Helps calm the nerves.

Usage:

- Mud/mask/lotion/manicure soak use ¼ tsp per 2 Tbs of base.
- Mix 1:1 ratio to create a hand mask or scalp mask.
- Bath poultice: ¼ cup.

Note: Does not dissolve well in carrier oils.