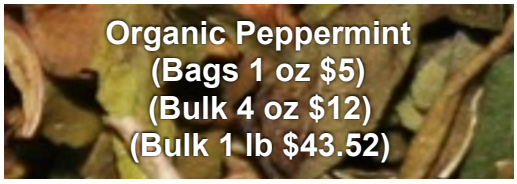
Peppermint

Live at peace. There will be disturbances. It's most crucial to handle that moment in maturity and clarity. Inhale clean. Exhale dirty. Breathe. Relax your mind. Take that time out to enjoy the peace and life of that one disdainful moment, because with it comes strength and growth. Use it to celebrate your magnificence in mind, spirit, and body. Treat yourself to a nice cup of peppermint tea. Visualize peace, tranquility, and healing with each movement. Steep the herb, inhaling the aroma with pleasant thoughts in tranquility. Slowly taste and visualize healing as you consume each sip. In this very moment it is up to you to create or destroy all that you've decided to become.



Warm Peppermint Tea Recipe

To brew a proper cup of warm peppermint tea simply steep one bag (or 1 teaspoon loose leaf) organic peppermint 10 minutes in a cup purified water. To brew a gallon, steep a heaping cup loose leaf of organic peppermint in a gallon of purified water.

Peppermint Extract Recipe

To make full strength peppermint extract simply use one heaping cup of loose leaf organic peppermint in a pint sized mason jar. Cover the peppermint with any strong grain alcohol or Vodka. Layer plastic wrap between lid and jar to prevent the lid from rusting. Label and date the jar (ex. Peppermint 6/17/15). Store overnight in a dark, cool place. The peppermint will absorb the alcohol, so for one week you'll need to top it off daily with more alcohol and give it a good shake to keep it covered. After that, make it a point to shake the jar weekly for 4-6 weeks. Strain through a damp cheesecloth preferably into amber bottle, but, I normally give the jar a good cleaning and drying and pour it back into the same one. Store in dark, cool place. To use: take a half teaspoon with 8 ounces of water, juice or tea.
Peppermint extract is great to help alleviate stress, combat congestion, allergies, and indigestion.

Peppermint (metha piperita) is known to be wonderful in a way that it can be used to invigorate you without the jitteriness or sleepless side effects of caffeine. It's known to help defeat strong cravings for alcohol, boost the health of your immune and digestive systems and is very good for your heart. It is known to heal chronic skin ailments (like vitiligo) and is also used to treat symptoms of the common cold and other respiratory infections. It helps soothe cough and congestion affiliated with sinus infections. Digestive ailments including heartburn, nausea, vomiting, cramps, gas and diarrhea are easily healed with peppermint. It helps relieve stress and also fights asthma symptoms.



Organic Peppermint is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

Stovetop Peppermint Oil

To make peppermint oil simply use a heaping cup organic peppermint in a pint sized mason jar. Cover with unrefined organic coconut oil and place the whole jar in a medium pot of cold water. On high heat, boil the water then immediately reduce to low heat. Simmer 2 hours. As the coconut oil melts, add more until the jar is 3/4 full. Check often and add water occasionally to the pot. It would be disastrous to allow the pot to go dry! Strain through fine mesh strainer, clean, dry, pour back into the jar and cover. Label and date the jar (example Peppermint Oil - 6/17/15). Store in dark, cool place. Coconut oil will solidify. To use, apply to hair and scalp after a deep cleansing. Also, mix with sea salt as a soothing foot scrub.

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