

PEPPERMINT OIL



Lung Cleansing & Respiratory Ailment

Peppermint oil is a versatile aromatic oil widely used for various ailments including indigestion, headache, and muscle aches.

The expectorant action of peppermint oil can help clear symptoms of upper respiratory congestion that may stem from allergies, asthma, cold, flu, bronchitis, and the like.

For this reason, it's often an ingredient in therapeutic lung cleansing balms that are rubbed on the chest. This allows for vapors to be almost directly inhaled through the nasal passages and cut through congestion. Unlike prescription medications, peppermint oil is not associated with drowsiness or other common adverse side effects