

# SuperMint™

Essential Oil Blend 15 mL



## What is SuperMint™?

A new proprietary blend of pure mint essential oils, SuperMint™ Essential Oil Blend combines Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils. Its sharp, minty aroma is softened by sweet, herbal undertones.



### Peppermint

helps to soothe occasional stomach upset.



### Japanese Mint

creates a comforting and soothing effect.



### Bergamot Mint

creates an atmosphere of comfort, relaxation, inspiration, soothing, and refreshment.



### Spearmint

promotes a sense of focus and uplifts mood.

# SuperMint™

## Usage Tips



Diffuse throughout the day for an inspiring aroma.



Rub one to two drops between your hands, cup them over your face, and inhale for a refreshing midday boost.



Add to dōTERRA Spa Hand and Body Lotion for a comforting massage.



Combine one drop of SuperMint™ essential oil blend with 60 mL of water and gargle for a fresh mouth rinse.

## SuperMint™ Diffuser Blends

### Study Time

- 🟡 Lime
- 💧 SuperMint™
- 🟢 Rosemary
- 🟠 Wild Orange

### Confident Boost

- 💧 SuperMint™
- 🟡 Bergamot
- 💧 Peppermint

### Cool Me Down

- 💧 SuperMint™
- 💧 Peppermint
- 💜 Lavender

### Stress Less

- 💜 Lavender
- 🟡 Lemon
- 💧 SuperMint™



## Do It Yourself

### Skin Cooling Wipes with SuperMint™

#### Ingredients:

- 500 mL Distilled Water
- 2 tablespoons Fractionated Coconut Oil
- 20 - 30 drops SuperMint™ Essential Oil Blend
- 3 - 5 Linen Cloth Napkins

#### Instructions:

1. Cut the cloth napkins into quarters.
2. In a large bowl, combine all ingredients and add the clothes.
3. Soak the clothes in the liquid mixture for 5 minutes.
4. Ring out each cloth until it is damp but not dripping.
5. Tightly roll up the cloths and store them together in an airtight container or in a reusable silicon bag for on-the-go use.

This easy DIY is perfect for dabbing away sweat to freshen skin, while SuperMint™ delivers a pleasant cooling sensation and aroma. If the wipes become dry during use, re-dampen with a bit of water.