



# Nausea & Indigestion

**Peppermint:** (*Mentha piperita*), assists digestion.

★ Supports relief of nausea, vomiting, sinus congestion and migraine headaches. Supports reduction of inflammation in damaged tissues, nerves and prostate.

Enhances mental accuracy. Useful for relief of coughs and colds, fatigue, mood swings, arthritis, fever and

**shock.** *Contraindications:* Can cause skin irritation. Use extreme caution if pregnant or when using with small children. Peppermint is soothing in small amounts, stimulating in large.

**Le<sup>1</sup>Inside-Out:** (Fennel, juniper, lemongrass, lemon, anise, cardamon, cilantro, juniper berry, kanuka, tarragon, peppermint, thyme, patchouli). ★ Supports the digestive system. Supports relief of upset stomach, heartburn, belching, bloating, stomach cramps, constipation and diarrhea. Useful following bouts of flu or food poisoning. Supports relief of morning sickness and obsessive worry, which can bring on nausea and vomiting. Useful in treatment of parasites.\*

\*This information does not represent any implied or express warranties and has not been evaluated by the FDA. Not intended to prescribe, diagnose, prevent or cure any disease or condition. "Le" denotes Butterfly Express blend.

## Kit Contains:

Two 5/8-dram pure "Therapeutic Grade" essential oil  
.078 fl. oz. (2.3ml) ea.

# 100% Pure “Therapeutic Grade” Essential Oils

**Aromatherapy Uses:** Put on cotton ball or cloth and clip to fan or vent. Open a bottle and take in a few big breaths. Put a few drops in diffuser, or in an inhaler. Place a few drops in a pan of hot water, bath or shower.\*

**Topical Uses:** To assist in relieving symptoms, put about a dime-size (or more) amount of carrier oil (coconut, almond, olive etc.) in your hand, add a few drops of essential oil, and apply to the area of concern: behind your ears (great for nausea), at the base of your nose, back of the neck, across your stomach or abdomen or the bottoms of your feet. Apply a drop to wrists where you can raise your hand and smell it.

**CAUTIONS:** Keep out of the reach of children. Quality, 100% pure, “Therapeutic Grade” essential oils are highly concentrated plant extracts and should be diluted with use. They absorb easily through the skin. Ingestion could potentially cause irritation to the digestive system, and is not recommended. Begin slowly, with small amounts; too much oil may trigger a “cleanse” in the body. All people should consult essential oil cautions lists. Young children, pregnant or nursing women, and people with a history of potent prescription use should consult their medical provider before using essential oils and pay special attention to caution lists.

Questions? Contact: [Info@EssentialOilsToGo.com](mailto:Info@EssentialOilsToGo.com).



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