Peppermint Black Mitcham

Grown in England and renowned for the subtle chocolate undertones, Black Mitcham Peppermint oil stimulates the mind, increasing the ability to focus. When inhaled, it restores the sense of taste by stimulating the trigeminal nerve. Oddly, inhaling peppermint oil can also curb the appetite. Peppermint is like a rush of fresh energy into the system. It allows us to relax instead of letting anxiety build up in our body or mind. Peppermint is renowned for action on the digestive system.

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