

When your stomach is turning and you feel extra **nauseous** and you're about to puke...



Nausea Relief

Ingredients:

2-3 Drops Peppermint

Method:

Place peppermint in water and drink or swallow 2-3 peppermint beadlets. Rub a few drops of peppermint directly over stomach area diluted with a carrier oil as needed for sensitive skin.