

# epoch®

## peppermint essential oil

*Mentha Piperita*



### SYSTEM OVERVIEW

Amid the rigors of a modern lifestyle, Nu Skin delivers Epoch Essential Oils—ethnobotanical solutions that create engaging human interactions and sensory experiences with your world. For centuries, indigenous cultures improved their lives with botanicals, from topical remedies to aromatherapy. With Epoch, Nu Skin has distilled centuries of plant wisdom and leveraged the expertise of world-renowned ethnobotanist Paul Cox. Now we can infuse this wisdom into your modern lifestyle with Epoch Essential Oils.

Experience ethnobotanical oils from a company you know and trust. Epoch Essential Oils adhere to Nu Skin's rigorous 6S Quality Process to meet the highest quality standards. Single oils and blends provide a variety of expressive aromas and solutions that uplift any routine or occasion. The delightful benefits of our essential oils make it natural to share them with others.

As part of Nu Skin's mission to improve lives, Nu Skin donates \$0.25 from each Epoch Essential Oils sale to the Nu Skin Force for Good Foundation—giving back to the communities that share their wisdom with us.

Enjoy rich connections with people and the world around you while giving back with Epoch Essential Oils.

### PRODUCT POSITIONING

Dive into the refreshing, sharp aroma of Epoch Peppermint Essential Oil at home or on the go. Apply Epoch Peppermint on your skin with Epoch Topical Blending Oil or diffuse in the air for a wonderful, exhilarating sensation that will motivate you throughout your day.

### TARGET AUDIENCE

All adults seeking natural solutions to enhance their modern lives and surroundings.

### AROMATIC PROFILE

Strong, sharp, menthol

### PRODUCT EXPERIENCE

Diffuse or mix with Epoch Topical Blending Oil and apply topically for enhanced concentration and mental alertness.

- Massage on the back of your neck
- Apply below your nose to diffuse into your senses
- Use when studying
- Dab into a wet cloth for use on a hot day
- Diffuse in an Epoch diffuser
- Apply small amounts to the temples
- Rub on the skin around your belly area

### PRODUCT USAGE

Use Epoch Peppermint topically with Epoch Topical Blending Oil and aromatically with Epoch Mist or Epoch Mini Mist.

#### **Topical**

Though essential oils vary in intensity, as a general rule, use one to two drops of Epoch Peppermint per teaspoon of Epoch Topical Blending Oil when applying to the skin.

**Sensitive Skin:** People with a stronger sensitivity to essential oils may need to use more topical blending oil.

#### **Aromatic Diffuser**

Mix Epoch Peppermint with distilled water to use with Epoch Mist or Epoch Mini Mist. Add 15–20 drops of essential oil to the water reservoir in Epoch Mist. Add one drop of essential oil to the Epoch Mini Mist diffuser water bottle and fill the reservoir. See the diffuser user manuals for detailed directions.

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## COMPLEMENTARY PRODUCTS

Epoch Topical Blending Oil—Derived from natural coconut, palm, and soy oils, this silky mixture will heighten your topical experience with Epoch Essential Oils.

Epoch Mist and Epoch Mini Mist—Fill the air with the engaging aromas of Epoch Essential Oils with these Epoch diffusers.

## DID YOU KNOW?

People have used peppermint for centuries as a valuable flavoring. The Native American Cherokee and Mohegan used peppermint for its various healthful qualities.

## FREQUENTLY ASKED QUESTIONS

### How much essential oil should I use on my skin?

When applying to the skin, always mix one or two drops of essential oils with one teaspoon of Epoch Topical Blending Oil. It is important to know how your skin will respond to essential oils. Test only one essential oil at a time. Mix one drop of Epoch Essential Oil with Epoch Topical Blending Oil and rub on an inconspicuous area of your body (e.g., under the forearm or the underside of the bicep). Wait 30 minutes. Continue using the product if you do not notice irritation. If irritation occurs, discontinue use immediately.

### Does Nu Skin test Epoch Essential Oils for quality?

Yes. Nu Skin applies its rigorous 6S Quality Process and confirms each oil is pure and safe to use. This process includes specific attention to selection, sourcing, structure, standardization, safety, and substantiation.

### Can I use essential oils on children?

Children are particularly sensitive to essential oils. Always consult a healthcare professional before using essential oils on children.

### Are there areas on the body where I should NOT apply essential oils?

Avoid the eyes, eye area, mouth, and other areas on the skin that are particularly sensitive.

### Can I ingest Epoch Peppermint Essential Oil?

No. Epoch Peppermint Essential Oil is not a nutritional supplement and is for aromatic and topical usage only. Do not ingest Epoch Peppermint.

## SAFETY AND CAUTIONS

- **Sensitive Skin Advisory:** May not be appropriate for individuals with sensitive skin. Please test in a small area before applying to a larger surface area.
- Discontinue use if you experience any irritation or a reaction and consult a physician if necessary.
- Keep out of the reach of children.

## INGREDIENT

Mentha Piperita (Peppermint) Oil