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# Brenaige Peppermint Invigoration Inhaler

This peppermint invigoration inhaler is perfect for giving you a quick boost of energy and mental clarity throughout your day. Peppermint essential oil is known for its refreshing and invigorating properties. This inhaler is easy to make and portable, allowing you to enjoy the benefits of peppermint essential oil wherever you go.

## What This Recipe is Good For

- Boosts energy levels
- Enhances mental clarity and focus
- Provides a refreshing and cooling sensation
- Helps alleviate headaches or feelings of fatigue

## Shopping List

Below is a detailed shopping list including recommended brands and sections of the grocery store where you can find each item:



1. [Peppermint Essential Oil \(10 ml\)](#)
2. [Menthol Crystals \(30 grams\)](#)
3. [Inhaler Tubes \(Set of 10\)](#)

## Equipment Needed

- **Measuring Dropper:** To measure essential oil drops precisely.
- **Small Bowl:** To mix the essential oils and menthol crystals.
- **Small Spoon or Stir Stick:** To mix the ingredients together.

## Step-by-Step Instructions

### 1. Prepare Your Workspace

- Clear a clean, flat surface to work on.
- Gather all your ingredients and equipment.

### 2. Measure the Essential Oil

- Using a measuring dropper, measure 40 drops of peppermint essential oil.
- Pour the essential oil into a small bowl.

### 3. Add Menthol Crystals

- Measure out 1/4 teaspoon of menthol crystals.
- Add the crystals to the bowl with peppermint essential oil.

### 4. Mix the Ingredients

- Use a small spoon or stir stick to mix the essential oil and menthol crystals until



the crystals dissolve completely.

### 5. **Prepare the Inhaler Tubes**

- Remove the cap and unscrew the base of your Brenaige inhaler tube.
- Insert a cotton wick into each empty tube.

### 6. **Infuse the Wicks**

- Using the dropper, soak each wick with the peppermint and menthol blend.
- Ensure the wick is fully saturated with the mixture.

See also [DIY Luxury Deep Nourishing Gel Hand Sanitizer: Your Ultimate Guide](#)

### 7. **Assemble the Inhaler**

- Place the soaked wick back into the inhaler tube.
- Screw the base back on and securely close the cap.

### 8. **Label and Store**

- Label each inhaler with “Peppermint Invigoration” and the date.
- Store inhalers in a cool, dry place away from direct sunlight.

## **Tips and Variations**

- **Variation:** For a relaxing twist, add a few drops of lavender essential oil.
- **Stronger Inhaler:** Add more menthol crystals for a stronger, cooling effect.
- **Usage Tip:** Inhale deeply for a quick pick-me-up whenever you feel tired or need mental clarity.

## **Precautions:**

- Avoid contact with eyes and mucous membranes.



- Keep out of reach of children.
- Do not ingest essential oils.

## Conclusion

Creating your own Peppermint Invigoration Inhaler is a simple and rewarding process. This natural remedy provides a refreshing boost of energy and mental clarity, making it a great companion during busy days or long study sessions. Enjoy revitalizing your senses with this delightful peppermint blend.

## Pros and Cons

| Pros                             | Cons  |
|----------------------------------|---|
| Easy to make at home             | Requires purchase of specific materials               |
| Portable and convenient to carry | Essential oils can be expensive                       |
| Provides a quick energy boost    | May not be suitable for everyone, check for allergies |
| Refreshing peppermint aroma      | Needs careful handling to avoid eye contact           |