

# Peppermint

## *Mentha Piperita Essential Oil*

Peppermint is wonderfully cooling and refreshing and is used to stimulate the mind and increase focus. Peppermint's specific properties can also aid in stomach discomfort.

Size: 15ml Price: \$18.45

Size: 5ml Price: \$6.46

APPLICATION METHODS:  Can be used topically  Can be used internally  Can be used aromatically

### Primary Benefits

Works as a natural bug repellent, Relieves anxiety, Aids in healthy respiratory function and clear breathing, Aids in digestive health, Aids in oral health, Aids in relieving head tension and stress.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Minty, menthol, fresh, sharp, herbaceous

### Collection Method

Steam Distillation

### Plant Part

Whole Plant

### Main Constituents

Menthol, Menthone, 1, 8-Cineole

### Description

Peppermint oil is great for mental fatigue and depression, renewing the spirit, and stimulating mental agility and improved concentration. Peppermint has a high menthol content which is why it is so commonly found in toothpaste and chewing gum. Peppermint is commonly used to aid in stomach discomfort and well as healthy respiratory function. It helps combat headache, migraine, nervous stress, vertigo and faintness. It can also be used to relieve skin irritation and itchiness while also reducing skin redness where inflammation is present. Peppermint can also be used to promote healthy oral hygiene.

### Uses

- Diffuse to increase concentration and stimulate the mind
- Add a drop of peppermint to your water or to the roof of your mouth to curb cravings
- Take one to two drops in a veggie cap to aid in stomach discomfort
- Combine one drop Peppermint and one drop Wild Orange in hands and inhale deeply for an energized focus
- Add to your favorite smoothies for a refreshing add of flavor
- Add to your bath or dilute with carrier oil to assist with cramps, back pain, circulation, constipation, mental fatigue, as well as other inflammatory conditions
- Rub onto temples and back of neck to relieve tension
- Add to mouthwash to help with bad breath and gum infections

### Properties

Analgesic, Anesthetic, Antiseptic, Anti-galactagogue, Antispasmodic, Astringent, Carminative, Cordial, Decongestant, Stimulant and Vasoconstrictor

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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