



# Spearmint

## *Mentha Spicata Essential Oil*

Spearmint has great benefits for the digestive system and relieves flatulence, constipation, and nausea. It's a great oil to use on children since it's not as warm as other mint oils.

Size: 15ml

Size: 5ml

### APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

### Primary Benefits

Aids in digestion and occasional stomach upset, promotes a sense of focus and uplifted mood, stimulating to the mind, cleanses the mouth and aides in fresh breath, calms itching

### 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

Sweet, minty, fresh

### Collection Method

Steam Distillation

### Plant Part

Plant

### Main Constituents

Carbone limonene, 8-cineole, myrcene

### Description

Spearmint is a far more gentle oil than peppermint, making it an ideal oil to use on children. It has great benefits on relieving flatulence, constipation, vomiting and nausea. It also is a great aid to the respiratory tract, relieving coughs, bronchitis, asthma, catarrh and sinus congestion. On the skin it calms itching and is very stimulating to the mind. For female health it can help to calm the flow of heavy periods and release urine retention. It's wonderfully cleansing and uplifting, making it ideal to evoke a sense of focus and positive mood.

### Uses

- Diffuse to uplift mood and stimulate the mind
- Add to water or drink to help with occasional stomach upset
- Diffuse to help with vomiting, colic, flatulence, headaches, migraines, nervous conditions, asthma, bronchitis, and sinusitis
- Use with carrier oil or in bath to help with nervous conditions and to relieve itching
- Add to base cream to help for itching

### Properties

Antiseptic, Antispasmodic, Carminative, Cephalic, Emmenagogue, Insecticide, Restorative and Stimulant

*\*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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