

peppermint

100% ORGANIC + PURE
ESSENTIAL OIL

ORGANIC PEPPERMINT

Common Name: Peppermint

Botanical Name: *Mentha x piperita*

Aroma: Minty, fresh, bright, penetrating, and sweet

Aromatic Note: Middle - Top

Blends Well With: Rosemary, lavender, majoram, lemon, eucalyptus and other mints

The aroma of Peppermint Essential Oil is familiar and pleasant to most. Peppermint is very intense and is far more concentrated than most other steam distilled essential oils. At low dilutions, it is fresh, minty and quite uplifting.

Peppermint is highly effective for stomach troubles such as nausea and indigestion. Inhaling Peppermint is refreshing and can help clear congestion. It's also known for reducing infection. Reach for Peppermint if you have a cold or flu, or if you're making natural cleaning products.

In topical blends, Peppermint has an "icy-hot" cooling sensation, a sure sign that it's helping to reduce inflammation and get circulation moving. That sensation also makes Peppermint helpful for sore muscles and joints. Emotionally, Peppermint Essential Oil is stimulating and is a good choice for inclusion in blends intended to help enhance alertness and stamina.

PEPPERMINT IS EXCELLENT FOR:

- Respiratory support for head colds, congestion & asthma
- Reducing swelling & inflammation
- Helping to clear infections
- Supporting digestion, cramping & nausea
- Encouraging circulation
- An "icy-hot" effect for sore muscles & joints
- Natural cleaning blends
- Focusing, uplifting & energizing



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peppermint

Root



For tired and achy feet, add 1 drop of Peppermint to 1 tablespoon of carrier oil and pour into a foot tub of cool water. Soak feet for 10-15 minutes.



For digestive support and cramping, dilute 3 drops of Peppermint into 0.5 tablespoon of carrier oil or lotion. Apply to abdomen by massaging clockwise.



Add 3-9 drops of Peppermint diluted in carrier oil to a 10 ml roller bottle and apply to the temples and back of the neck when having head and neck tension.



Add 10-12 drops of Peppermint to a personal inhaler and use when you experience nausea.



Add in a diffuser with Lavender and Lemon to combat seasonal allergies or increase alertness and focus.



Add 4 drops of Peppermint per 1 ounce of shampoo for a refreshing effect for your scalp and hair.

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Safety Tips: Use in moderation. Do not apply near the face of infants/children. Avoid using with children under 5 years of age. Tisserand and Young confirm that it is low risk as a mucous membrane irritant. They recommend a maximum dermal use level of 5.4%

Source: "The Heart of Aromatherapy" by Andrea Bujte, founder of Aromahead Institute
Essential Oil Profiles- Lavender Essential Oil <https://www.aromaweb.com/essential-oils/lavender-oil.asp>
The Encyclopaedia of Essential Oils by Julia Lawless
The Aromatherapy Beauty Guide by Danielle Sade