

Mint and Spice Oils



Mint Essential Oils

The mint family of oils are strongly aromatic, and the scent has long been revered by herbalists. In fact, in Greek mythology, mint is referred to as ‘the herb of hospitality’. Their use both as herbs and as oils, across culinary, medicinal and therapeutic applications is not new - mint was prevalent throughout medieval herb gardens and continues to have a strong presence in health, wellness and personal care products. Mints’ benefits range from promoting respiratory and digestive health to reducing stress, soothing muscle and head aches, joint pain and itching.



Spice Oils

Do you want to know how to liven up a room with invigorating aromas? Spice oils hold the secret! They are commonly used during the fall and winter months to accompany every day aches and pains that are exaggerated with the cold. They are frequently found in diffuser blends and essential oil recipes during festive times for warming, nostalgic fragrances. From ginger oil’s immune-supporting compounds to clove oil’s antioxidant content, these spice oils are the perfect compliment to cooler seasons.





MINT ESSENTAIL OILS

Bergamot Mint Oil
Mentha citrata

Cornmint Oil
Mentha arvensis

Eucalyptus Peppermint Gum Oil
Eucalyptus dives

Melissa Oil (Lemon Balm)
Melissa officinalis

Mentha Citrata Oil (Bergamot Mint)
Mentha Citrata

Peppermint Oil
Mentha piperita

Peppermint Oil – Japanese
Mentha arvensis

Spearmint Oil
Mentha spicata

Wintergreen Oil
Gaultheria procumbens

SPICE OILS

Cinnamon Bark Oil
Cinnamomum zeylanicum

Cinnamon Leaf Oil
Cinnamomum zeylanicum

Cinnamon Leaf Oil
Cinnamomum verum

Clove Bud Oil
Syzygium aromaticum

Clove Bud Oil
Eugenia caryophyllata

Clove Leaf Oil
Syzygium aromaticum

Clove Leaf Oil
Eugenia caryophyllata

Coriander Leaf Oil
Coriandrum sativum

Coriander Seed Oil
Coriandrum sativum

Cumin Oil
Cuminum cyminum

Cumin Seed Oil
Cuminum cyminum

Curry Leaf Oil
Murraya koenigii

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SPICE OILS *continued*

Dill Seed Oil

Anethum graveolens

Dill Seed Oil – Sowa

Anthenum sowa

Fennel Oil

Foeniculum vulgare

Fennel Oil – Bitter

Foeniculum vulgare
var. amara

Fennel Oil – Sweet

Foeniculum vulgare
var. dulce

Fennel Seed Oil

Foeniculum vulgare

Fenugreek Oil

Trigonella foenum graecum

Ginger Grass Oil

Cymbopogon martinii

Ginger Lily Oil

Hedychium spicatum

Ginger Oil

Zingiber officinale

Marjoram Oil (Marjaram)

Origanum majorana

Nutmeg Oil

Myristica fragrans

Oregano Oil

Origanum vulgare

Oregano Oil – Thymol

Origanum vulgare

Tarragon Oil

Artemisia dracunculus

Turmeric Leaf Oil

Curcuma longa

Turmeric Oil

Curcuma longa

Turmeric Root Oil

Curcuma longa

Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. sales@napproducts.com

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SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

EXTERNAL RECOMMENDATIONS

Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.



DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

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