

**BEHALE***'be strong & healthy'*

Peppermint Oil Organic

** 100% NOP Pure and Natural, Organically certified oil.
Not adulterated, not diluted, from one single plant source**

Latin Name: *Mentha piperita*

Extraction:

Steam distilled from leaves

Farming & Harvesting:

We try to source our peppermint from South Africa and Africa but our crops are still small, because there is not sufficient oil throughout the year, we need to source from India, which is a very large producer of Organic Peppermint oil. This farm is maintained under strict, NOP 100% organic certification with plants being cultivated without any pesticides or herbicides. The water source is from a clean supply.

Oil Analysis and uses:

Peppermint oil is rich in menthol. Menthol can cause a burning sensation on the skin when used in high concentrations but when massaging with peppermint oil in low concentrations, the menthol will create a cooling and numbing sensation. According to a case study by Guimaraes (2013), the component of menthol can suppress pro inflammatory mediators and can act as an anti-inflammatory. Peppermint oil is known to increase circulation when massaging. When formulating with peppermint for topical use, only use 2-4%. Use peppermint oil in localized places on the body. References:Guimarães, A.G., Quintans, J.S.S. and Quintans-Júnior, L.J. (2013) Monoterpenes with analgesic activity – a systematic review. *Phytotherapy Research* 27, 1-15.

Oil Description & Odour Profile:

Strong, rich mint note

Blends well with: Lavender, rosemary, and geranium

Safety Information:

Nontoxic. Possible sensitization due to menthol. Do not ingest.