



## PEPPERMINT (Japanese) Essential Oil



**Botanical Name:** *Mentha arvensis*

**Main Constituents:**

Total Menthone: 32.6%

l-Menthol: 41.0%

**Plant Part:** Herb

**Origin:** India

**Processing Method:** Steam Distilled

**Child Safe:** See precautions below

**Description / Color / Consistency:** A thin, colorless to pale yellow liquid.

**Aromatic Summary / Note / Strength of Aroma:** A top note with a strong aroma, Peppermint has a sharp, penetrating scent based on its high menthol content. The minty sweetness of the vapor makes it one of the most popular Essential Oils.

**Blends**

**With:** [Basil](#), [Bergamot](#), [Cajeput](#), [Cedarwood](#), [Eucalyptus](#), [Lemon](#), [Lime](#), [Mandarin](#), [Marjoram](#), [Niaouli](#), [Pine](#), [Rosemary](#), [Spearmint](#) and [Thyme](#).

**Product Abstract:** Also known as Corn Mint, there are several species of the mentha arvensis, a perennial herb that can grow to 3 feet in height. It has hairy leaves with serrated edges and spiked purple flowers, and spreads by way of its underground runners. It is one of the oldest documented medicinal herbs. Peppermint Japanese is known for its high menthol content, and menthol crystals sometimes form right on the leaves. Peppermint's name has its roots in Greek mythology. Hades, god of the dead, pursued the beautiful nympe, Minthe. Hades' wife, Persephone, became jealous and turned Minthe into a small and insignificant plant on which to be trampled. Pluto could not undo the transformation, but ensured that Minthe would always be loved for her fragrant aroma. Peppermint is used as a flavouring agent in the food industry, and in soaps, candles and toiletries.

**Note:** Because of the very high menthol content of this oil, it may crystalize. If so, we would recommend placing the bottle in a very hot water bath, and changing the water frequently until it is back to its liquid state, then gently agitate before use.

Peppermint Essential Oil contains menthol. Menthol induces a cooling sensation, and use of Peppermint Oil (at low dilution) in a body mist or even in the diffuser can help to cool you down.



### Major Constituents

- Menthol
- Menthone
- Menthyl Acetate
- Neomenthol
- 1,8-Cineole
- Menthofuran

### Common Uses:

Alertness, antioxidant, asthma, chronic fatigue, cold sores, congestion, constipation, cooling, cramps, charley horses, fainting, halitosis, headaches, heatstroke, hot flashes, indigestion, itching, jet lag, migraines, motion sickness, muscle aches, muscle fatigue, nausea, sinusitis, tennis elbow, varicose veins, vomiting (from *Modern Essential Oils Eighth Edition*).

### Safety

Non-toxic, non-irritant but occasionally sensitizing. Always test a small amount first for sensitivity or allergic reaction. Never apply undiluted to the skin. Direct and indirect contact with the eyes will cause irritation.

If pregnant consult with a physician prior to use.

Peppermint oil should not be used with children under two years of age; instead use Spearmint oil, peppermint's milder, sweeter cousin.

[All About Peppermint Oil](#)

[Ways To Energize With Peppermint Oil](#)

**\*\*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.**

**IMPORTANT:** All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).