

Peppermint

Mentha piperita

Therapeutic Properties: *Spasmodic, carminative, cholagogic, anti-bacterial, secretomotor, analgesic, anti-inflammatory, antipruritic, antiseptic, antispasmodic, antiviral, astringent, menorrhagia, expectorant, hepatic, nerve tonic, protects the gastric mucus of the stomach, sudorific, vasoconstrictor, vermifuge.*

Unlike many other herbs and Essential Oils, numerous health benefits of Peppermint leaves and Peppermint Essential Oil have been studied and proven by the scientific community.

Peppermint Essential Oil is a mental as well as a physical stimulant and encourages study without the development of mental fatigue. It is helpful when studying or doing book work to diffuse into the room to help stay alert.

Peppermint contains nine expectorant compounds, they help move mucus up and out of the lungs. Its main constituent, menthol, thins mucus, making the expectoration easier. Peppermint also contains antiseptic, antibacterial, antiviral, and antimicrobial compounds making it effective with gingivitis, colds and flu, and respiratory concerns.

When inhaled (in steam) it checks catarrh temporarily, and will provide relief from head colds and bronchitis: its antispasmodic action combines well with this to make it a most useful inhalation in asthma. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 169.].

aromatherapy & home uses

Circulation, Muscles and Joints: Neuralgia, muscular pain, palpitations.

Digestive System: Colic, cramp, dyspepsia, flatulence, nausea.

Immune System: Colds, flu, fevers.

Nervous System: Fainting, headache, mental fatigue, migraine, nervous stress, vertigo.

Respiratory System: Asthma, bronchitis, halitosis, sinusitis, spasmodic cough.

Skin Care: Acne, dermatitis, ringworm, scabies, toothache.

suggested usage

BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist the body with nausea, dyspepsia, abdominal cramps, and flatulence.

INHALATION

- 10-15 drops diffused into the air or added to a vaporizer can assist with bronchitis, colds, flu, fevers, sinusitis, spastic coughing, asthma, and catarrh.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

INTERNAL

- While traveling, you may want to add 1 drop (only) to a bottle of water and sip on it as you drive. Most people find this very refreshing and it can aid digestion, which can suffer during travel.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- 10 drops mixed into 1 ounce of Grape Seed Oil and used during massage will assist with muscular pains and neuralgia.
- A drop or two may be applied neat to a blow to the skin to assist with pain relief.
- The pain of gall and kidney stones has been shown to have been helped by the use of Peppermint. Apply 2 to 4 drops mixed in a teaspoon of carrier oil on location.

responsible cautions

- Used in moderation Peppermint is non-toxic, non-irritant, non-sensitizing.
- May cause an adverse reaction in those who suffer atrial fibrillation.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Producing Organ: *Whole Plant Extraction:*
Steam Distillation

Country of Origin: *France*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children



safety group #2

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2nd trimester at a 3% dilution (15 drops per 1 ounce)*

Bath

- Infant to 3 months - *not recommended*
- 3 months to age 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan salt or Clay Vitality*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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