

# Spearmint

## *Mentha spicata*

**Therapeutic Properties:** *Anesthetic (local), antiseptic, antispasmodic, astringent, carminative, cephalic, cholagogue, decongestant, digestive, diuretic, expectorant, febrifuge, hepatic, nervine, stimulant, stomachic, tonic*

Many consider Spearmint to be a milder, gentler form of Peppermint. Although their properties are similar, the two oils are slightly different chemically, with Spearmint having lower amounts of menthol. Because of this it is not quite as intense, and therefore better suited for use with children and the elderly, and yet is equally as effective.

The antispasmodic properties of Spearmint make it ideal for children's digestive needs such as nausea (motion sickness), hiccups, flatulence, constipation, and diarrhea.

Spearmint's antispasmodic benefits also serve well to open up and refresh the respiratory pathways. It can be inhaled to assist with decongesting sinus problems and respiratory infections. Spearmint is less stimulating than Peppermint and is relaxing and uplifting. It is better than Peppermint for evening use to avoid potential insomnia. It is also useful in treating mental fatigue, depression, and tension headaches.

Spearmint has proven antibacterial and antifungal topical applications for skin infections, cleansing the pores, and refreshing the skin. It is relaxing to muscles and nerves, which can relieve spasmodic coughs, abdominal aches, and muscles cramps, and is a mild diuretic. It is also been shown to be effective as an insecticide and keeps away mosquitoes, ants, flies, moths, etc.

## aromatherapy & home uses

**Digestive System:** Colic, dyspepsia, flatulence, hepatobiliary disorders, nausea, vomiting.

**Immune System:** Colds, fevers, flu.

**Nervous System:** Fatigue, headache, migraine, nervous strain, neurasthenia, stress.

**Skin Care:** Acne, dermatitis, congested skin.

**Respiratory System:** Asthma, bronchitis, catarrhal conditions, sinusitis.

## suggested usage (10 years & up)

### BATH:

- Mix 8 drops Spearmint and 10 drops Petitgrain in ½ cup of Dead Sea salt and add to warm water for a cooling, emotion-calming bath.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser as needed to create a calming environment.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

### 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

- 4 drops of Spearmint, 8 drops of Tangerine, and 4 drops of Neroli per tablespoon of carrier oil for a relaxing massage oil with a wonderful aroma.
- Apply 1-2 drops on temples to relieve headaches and calm the mind.
- Apply 1 drop neat to relieve sore gums and teeth.
- Apply a few drops mixed with carrier oil to the chest and back to assist with respiratory relief or applied over the abdomen for digestive relief.

## responsible cautions

- Not recommended for use when taking homeopathic remedies.
- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Wildcrafted**

**GRAS Certified**

**Producing Organ:** *Leaves & Flowering Tops*

**Extraction:** *Steam Distillation*

**Country of Origin:** *USA*

## 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

### Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 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

### Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## 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.