

Peppermint

mentha piperita 10ml

Peppermint, the most popular member of the mint family, is a natural hybrid of green mint and water mint. The plant was first discovered in England in 1696. Since the mid-18th century it has been grown in large quantities around Mitcham, England. The flower of true Peppermint is sterile. Propagation takes place through the root system below ground.*

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.*

uses

aromatic

- **Diffusion:** Diffuse 15 minutes per hour to create an energizing, uplifting environment.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath to assist with nausea, cramps, and flatulence.*

internal

- **Drink:** Add to water and sip for a refreshing digestive aid.*

topical

- **Massage:** Mix 10 drops into 1 ounce of Grape Seed Oil and use during massage to assist with muscular pains.*
- **Shampoo:** Add to shampoo for an invigorating scalp massage.*
- **Skin:** A drop or two may be applied neat to a blow to the skin to assist with pain relief.*

responsible cautions

- Used in moderation Peppermint is non-toxic, non-irritant, and non-sensitizing.
- May cause an adverse reaction in those who suffer atrial fibrillation.
- Should not be used anywhere near the noses of babies or children under the age of three, or near the face generally, as it could cause a spasm in the larynx.
- Should not be used in conjunction with homeopathic remedies.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

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Product Information Page



application methods

Aromatic • Bath • Household • Internal • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wild-Crafted

Producing Organ: Whole Plant

Extraction: Steam Distillation

Country of Origin: France

Main Chemical Constituents: menthol, menthone

Therapeutic Properties: Spasmolytic, 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