

# Spearmint

**mentha spicata** 10ml

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.\*

## USES

### aromatic

- **Diffusion:** Diffuse 5 to 10 drops in a cool mist essential oil diffuser for 15 minutes per hour as needed to create a calming environment.\*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as desired.\*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray for a refreshing aroma.\*

### bath

- **Bath:** Mix 8 drops Spearmint and 10 drops Petitgrain in ½ cup of Pink Himalayan or Dead Sea bath salts and add to warm water for a cooling, emotion-calming bath.\*

### topical

- **Massage/Lotion:** Mix 4 drops of Spearmint, 8 drops of Tangerine, and 4 drops of Neroli per tablespoon of carrier oil or lotion for a relaxing massage oil with a wonderful aroma.\*
- **Massage:** Apply 1 to 2 drops on the temples to relieve headaches and calm the mind.\*
- **Massage:** 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.\*
- **Teeth/Gums:** Apply 1 drop neat (undiluted) to relieve sore gums and teeth.\*

### topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).\*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.\*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
- **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution (15 drops/1 ounce).\*

goDesana

Product Information Page



## application methods

Aromatic • Bath • Topical

## safety group: 1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

## properties

*Wildcrafted*

**Producing Organ:** Leaves & Flowering Tops

**Extraction:** Steam Distillation

**Country of Origin:** USA

**Main Chemical Constituents:** L-carvone, dihydrocarvone, phellandrene

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

## responsible cautions

- Not recommended for use when taking homeopathic remedies.
- Non-toxic, non-irritant, non-sensitizing.
- 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.*