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### **döterra® Peppermint**

Mentha X piperita herb oil essential 1 mL/mL

Minty, fresh, herbaceous

Aromatic description

Be kind to body and mind with fresh and cooling Peppermint oil.

With its invigorating aroma, therapeutic Peppermint oil uplifts both body and mind. While the Ancient Greeks and Romans used peppermint to flavour their food and wines, it wasn't until the mid-18th century that the herb was cultivated for its versatile therapeutic properties. Traditionally used in aromatherapy to relieve symptoms of mild tension headaches as well as to support mental function, we like to think of Peppermint oil as nature's leveller – the perfect counterbalance to today's busy world.

#### **PRIMARY BENEFITS**

TRADITIONALLY USED IN AROMATHERAPY TO:

- Help reduce the symptoms of mild tension headaches
- · Support cognitive function

TRADITIONALLY USED IN WESTERN HERBAL MEDICINE TO

- Relieve digestive spasms, colic and abdominal discomfort
- Relieve nausea and reduce vomiting
- · Relieve the symptoms of a sore throat

#### PRODUCT DESCRIPTION

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753.

A high menthol content—like that found in the dōTERRA® Peppermint essential oil—distinguishes the best quality Peppermint from other products.

Peppermint oil has been traditionally used in Aromatherapy to relieve cough, support mental function and help relieve the symptoms of mild tension headache.

In traditional Western herbal medicine, Peppermint oil has been taken orally to relieve abdominal discomfort, relieve nausea, relieve vomiting, relieve symptoms of sore throat, relieve mild throat inflammation and applied orally (directly to the mouth cavity) to relieve toothache..

#### **DIRECTIONS FOR USE**

INHALATION: Add 0.18 -0.24mL oil (3-4 drops) in a vaporiser or hot water and inhale deeply. Alternatively, add 0.3mL (5 drops) onto a tissue, hold near the nose and inhale.

**ORAL USE:** Dilute 0.06 mL oil (1 drop) in a glass of water or tea and drink immediately.

For direct oral application, apply 0.06mL oil (1 drop) to the affected area of the mouth..

See additional precautions below.

#### **CAUTIONS**

KEEP OUT OF REACH OF CHILDREN.

If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas

PLANT PART: Leaf/stem

**EXTRACTION METHOD:** 

Steam distillation

#### MAIN CHEMICAL COMPONENTS:

Menthol, menthone, eucalyptol





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**dōTERRA** 

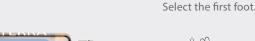
# ar matouch TECHNIQUE

## **döterra® Peppermint**

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"Peppermint essential oil is present in two of the essential oil blends used in the AromaTouch Technique, so many may wonder why I chose to include the single essential oil at the end of the technique. The answer is simple. While Peppermint works within a blend to support the purpose of that blend, on its own Peppermint is highly invigorating and helps re-energize. After such a soothing and relaxing experience, it's important to include components that help awaken the senses without interfering with the process and I feel that Peppermint, when layered with Wild Orange, really accomplishes that." - Dr. Hill

#### **MOVEMENTS**

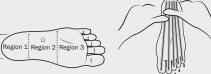






Oil Introduction (Foot Version)

x1

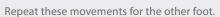


Three-Region Foot Activation



Five-Zone Tissue Pull

x1







Oil Introduction

хЗ



Alternating Palm Slide

хЗ



Five-Zone Foot

Activation

x5

Three Clockwise Palm Circles

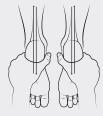
x1



Cranial Sacral Hold

x1

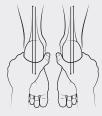
Final Step



Lymphatic Movement Repeat three times.

Scan this QR code to access the video!

Scan this QR code for more information



This essential oil application technique is intended for personal use (in the home and on family or close friends), not for monetary benefit. Anyone who uses it for monetary benefit or beyond its intended purposes assumes all responsibility for that use and must comply with his or her federal, state and local laws.



Discover the power of essential oils with the AromaTouch Technique and certification course.

x3



