PRODUCT DESCRIPTION
The peppermint plant is actually 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 is a “cool” oil and can be applied topically for a refreshing sensation. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

USES
- Use a drop of Peppermint with Lemon in water for a refreshing mouth rinse.
- Re-energize by applying Peppermint to the palms of hands and deeply inhaling.

DIRECTIONS FOR USE
Diffusion: Use three to four drops in the diffuser of your choice.
Internal use: Dilute one drop in 4 fl. oz. of liquid.
Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS
Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PRIMARY BENEFITS
- Cooling properties.
- Energizing aroma.

APPLICATIONS
Plant Part: Whole plant
Extraction Method: Steam distillation
Aromatic Description: Minty, hot, herbaceous
Main Chemical Components: Menthol

Peppermint
*Mentha piperita* 15 mL

Part Number: 30191813
Wholesale: $21.73
Retail: $28.97
PV: 21.73