

# Peppermint

*Mentha piperita* 15 mL

dōTERRA™

PRODUCT INFORMATION PAGE



## Application:



**Plant Part:** Whole plant

**Extraction Method:** Steam distillation

## Aromatic Description:

Minty, hot, herbaceous

## Main Chemical Components:

Menthol

## 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.

## Peppermint

*Mentha piperita* 15 mL

Part Number: 30191813

Wholesale: \$21.73

Retail: \$28.97

PV: 21.73

