

# dōTERRA Peppermint Touch

*Mentha piperita* 10 mL Roll-On

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A | T | N

**Ingredients:** Fractionated Coconut Oil, Peppermint Plant

**Aromatic Description:** Minty, fresh, herbaceous

## PRIMARY BENEFITS

- Helps lessen feelings of tension
- Uplifts mood and promotes a sense of focus
- Naturally deters insects

## PRODUCT DESCRIPTION

dōTERRA Peppermint Touch contains Peppermint essential oil and Fractionated Coconut Oil to provide a multitude of benefits. Its minty, fresh scent can be used aromatically and topically throughout the day to uplift mood and promote a sense of focus. Peppermint essential oil is known to lessen feelings of tension when applied to the temples or the back of the neck. dōTERRA Peppermint Touch can be applied to these areas and anywhere on the body to provide a cooling massage or to naturally deter insects.

## USES

- Rub on temples when studying or when waking for a refreshing morning boost.
- Massage oil onto back of neck for a cooling sensation and to relieve feelings of tension.
- Use with Lavender and Frankincense for a soothing massage.
- Apply before attending outdoor events.

## DIRECTIONS FOR USE

**Topical Use:** Apply to desired area. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. 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.

