

PEPPERMINT

Mentha piperita 5mL & 15mL

Minty, fresh, herbaceous

Aromatic description

PRIMARY BENEFITS

- Diffuse for a clear crisp scent in the air
- Invigorating to the senses promoting an uplifted cheery feeling

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 is frequently used in toothpaste and chewing gum for oral hygiene. Peppermint continues to be one of the best-selling favourites among dōTERRA essential oils.

USES

- Use a drop of Peppermint with Lemon in water for a refreshing flavour.
- Add a drop to your favourite smoothie recipe for a refreshing twist.

- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense essential oils and inhale for a midday pick-me-up.
- Diffuses well with Basil, Wild Orange, Spearmint, Coriander and Lemon essential oils.

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. If you are pregnant, nursing 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



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 12062020



dōTERRA[®] aromatouch **TECHNIQUE[®]**

PEPPERMINT

Mentha piperita 5mL & 15mL

"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

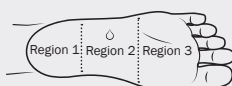
MOVEMENTS

Select the first foot.



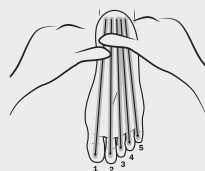
Oil Introduction
(Foot Version)

x3



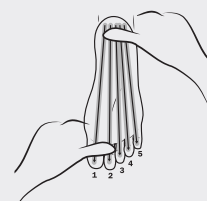
Three-Region Foot
Activation

x1



Five-Zone Foot
Activation

x5



Five-Zone Tissue Pull

x1

Repeat these movements for the other foot.



Oil Introduction

x3



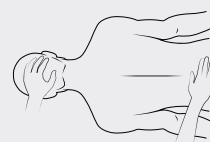
Alternating
Palm Slide

x3



Three Clockwise
Palm Circles

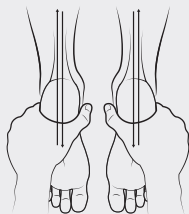
x1



Cranial Sacral Hold

x1

Final Step



Lymphatic Movement
Repeat three times.

x3

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.



Scan this QR code to access the video!



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

Scan this QR code for more information

