

Spearmint

Mentha spicata 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A T I S

Plant Part: Plant

Extraction Method: Steam distillation

Aromatic Description: Sweet, minty, fresh

Main Chemical Components: Carvone, limonene

PRIMARY BENEFITS

- Promotes digestion and helps reduce occasional stomach upset when used internally[†]
- Provides a memorable aroma
- Cleanses the mouth and promotes fresh breath

Spearmint

Mentha spicata 15 mL

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PRODUCT DESCRIPTION

Spearmint is a perennial plant that grows 11–40 inches tall and flourishes in temperate climates. It is widely used in gums, candies, and dental products for its minty taste, and to promote fresh breath. Spearmint has been used internally for centuries for its digestive benefits.[†] Its sweet, refreshing aroma is uplifting, making it ideal to diffuse while working or studying. Spearmint is very different from Peppermint, making it a milder option to use topically on children and those with sensitive skin. In cooking, Spearmint is frequently used in salads, drinks, and desserts, but it can also be used in homemade salad dressings and to marinate meats.

USES

- Diffuse for a positive aroma
- Apply to toothbrush before brushing teeth for fresh breath.
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring and to promote digestion.[†]
- Add once to two drops to water and drink to soothe occasional stomach upset.[†]

DIRECTIONS FOR USE

Aromatic use: Add three to four drops to the diffuser of choice.

Internal use: Dilute one drop in 4 fluid ounces of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier 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.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.