

Peppermint

Essential Oil Supplement 5 mL

dōTERRA®

Product Information Page (UAE)



Application: ⓘ

Ingredients: Mentha Piperita (Peppermint) Oil.

Aromatic Description: Minty, fresh, herbaceous

Peppermint | Essential Oil Supplement 5 mL

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Primary Benefits

- + Supports a healthy digestive system.

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 oil from other products. Peppermint continues to be one of the best-selling favourites among dōTERRA essential oils because of its many benefits and it is always a useful essential oil to have on hand.

Uses

- + Use a drop of Peppermint with Lemon oil in water for a refreshing mouth rinse.
- + Add a drop to a cup of warm tea and drink slowly to soothe an upset stomach.
- + Supports a healthy digestive system.

Directions

Internal: Dilute one drop in 120 mL of liquid. Take it once a day.

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas.