

# Peppermint

*Mentha piperita* 15 mL

dōTERRA®

Product Information Page (UAE)



**Application:** T | D

**Ingredients:** Mentha Piperita (Peppermint) Oil.

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

**Peppermint** | *Mentha piperita* 15 mL

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## Primary Benefits

- + Peppermint essential oil can help cleanse the skin with its natural given properties when used with caution and accompanied with a carrier oil of preference.
- + It promotes a sense of cooling and soothing effect when applied on the skin during the summer days.
- + Invigorating to the senses promoting an uplifted cheery feeling.

## Description

Peppermint plant has 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 essential oil around the neck to help wake the senses.
- + Peppermint essential oil can help promote a healthy scalp. Mix with a shampoo of preference and lather on the scalp. Use with caution when rinsing hair.
- + For perfuming, apply 1-2 drops to ~5 drops carrier oil, or apply neat.
- + Add to cold water compress or foot bath to cool off when overheated.
- + Apply to pulse points with a carrier oil when feeling fatigued or low energy.

## Directions

**Topical:** General cosmetic use, apply to desired area. For targeted skin application, mix 1-2 drops with ~10 drops carrier oil. For perfuming, apply 1-2 drops to ~5 drops carrier oil or apply neat.

## 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. For external use only.