



THERAPEUTIC RANGE

AUS ONLY SKU: 60209189

dōTERRA PEPPERMINT

Mentha X piperita herb oil essential 1 mL/mL. 15ml

Balsamic, green, fruity, woody

Aromatic description

- Supports cognitive or mental function
- Helps reduce and relieve symptoms of mild head tension or headache
- Traditionally used in Aromatherapy to relieve cough
- Reduces and relieves flatulence
- Supports general health and wellbeing

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 oil - helps to discern Peppermint oil quality. Peppermint Oil has been traditionally used in aromatherapy to reduce cough, support mental function and help relieve the symptoms of mild tension or headache. Peppermint is a popular favourite among dōTERRA essential oils.

DIRECTIONS FOR USE

FOR INHALATION USE ONLY: Add 0.18 -0.24mL oil (3-4 drops) in a vaporiser of hot water and inhale deeply. Alternatively, add 0.3mL (5 drops) onto a tissue, hold near the nose and inhale. Use up to 3 times a day.

CAUTIONS

ADULTS ONLY. 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.

MAIN CHEMICAL COMPONENTS

Menthol, menthone, eucalyptol

PLANT PART: Branch/Leaf

EXTRACTION METHOD:
Steam distillation

ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL.



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 13112019

AUST L 332583
dōTERRA THERAPEUTIC