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

_AUST L 332583_

_AUS ONLY SKU: 60209189_

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