dōTERRA® PEPPERMINT

Mentha X piperita herb oil essential 1 mL/mL

Minty, fresh, herbaceous
Aromatic description

Be kind to body and mind with fresh and cooling Peppermint oil.
With its invigorating aroma, therapeutic Peppermint oil uplifts both body and mind. While the Ancient Greeks and Romans used peppermint to flavour their food and wines, it wasn’t until the mid-18th century that the herb was cultivated for its versatile therapeutic properties. Traditionally used in aromatherapy to relieve symptoms of mild tension headaches as well as to support mental function, we like to think of Peppermint oil as nature’s leveller – the perfect counterbalance to today’s busy world.

PRIMARY BENEFITS
TRADEONALLY USED IN AROMATHERAPY TO:
• Help reduce the symptoms of mild tension headaches
• Support cognitive function

TRADEONALLY USED IN WESTERN HERBAL MEDICINE TO
• Relieve digestive spasms, colic and abdominal discomfort
• Relieve nausea and reduce vomiting
• Relieve the symptoms of a sore throat

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 essential oil—distinguishes the best quality Peppermint from other products. Peppermint oil has been traditionally used in Aromatherapy to relieve cough, support mental function and help relieve the symptoms of mild tension headache.

In traditional Western herbal medicine, Peppermint oil has been taken orally to relieve abdominal discomfort, relieve nausea, relieve vomiting, relieve symptoms of sore throat, relieve mild throat inflammation and applied orally (directly to the mouth cavity) to relieve toothache.

DIRECTIONS FOR USE
INHALATION: Add 0.18 - 0.24mL oil (3-4 drops) in a vaporiser or hot water and inhale deeply. Alternatively, add 0.3mL (5 drops) onto a tissue, hold near the nose and inhale.

ORAL USE: Dilute 0.06 mL oil (1 drop) in a glass of water or tea and drink immediately. For direct oral application, apply 0.06mL oil (1 drop) to the affected area of the mouth.

See additional precautions below.

CAUTIONS
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.

PLANT PART: Leaf/stem

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Menthol, menthone, eucalyptol

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.
Peppermint essential oil is present in two of the essential oil blends used in the AromaTouch Technique, so many may wonder why I chose to include the single essential oil at the end of the technique. The answer is simple. While Peppermint works within a blend to support the purpose of that blend, on its own Peppermint is highly invigorating and helps re-energize. After such a soothing and relaxing experience, it’s important to include components that help awaken the senses without interfering with the process and I feel that Peppermint, when layered with Wild Orange, really accomplishes that.” - Dr. Hill

MOVEMENTS

Select the first foot.

Oil Introduction (Foot Version)

Three-Region Foot Activation

Five-Zone Foot Activation

Five-Zone Tissue Pull

x3

x1

x3

x1

Repeat these movements for the other foot.

Oil Introduction

Alternating Palm Slide

Three Clockwise Palm Circles

Cranial Sacral Hold

x3

x1

x1

Final Step

This essential oil application technique is intended for personal use (in the home and on family or close friends), not for monetary benefit. Anyone who uses it for monetary benefit or beyond its intended purposes assumes all responsibility for that use and must comply with his or her federal, state and local laws.

Lymphatic Movement

Repeat three times.

Scan this QR code to access the video!

Discover the power of essential oils with the AromaTouch Technique and certification course.

Scan this QR code for more information.