

AUS ONLY SKU: 60217556

AUST L 357192

SPEARMINT

Mentha spicata herb top flowering oil 1 mL/mL

Ease digestive discomfort and soothe and calm the nerves with therapeutic Spearmint essential oil.

Sweet, minty, fresh

Aromatic description

Spearmint is believed to be the oldest of the mints, heralded over centuries for its digestive benefits - often being served after meals to relieve gas, bloating and nausea. It has traditionally been used in aromatherapy to ease digestive discomfort, reduce common cold symptoms and relieve symptoms of stress. The aroma of Spearmint is softer than that of Peppermint and is often referred to as "the gentler mint oil". Its fresh, restorative and uplifting aromas help soothe and calm the nerve.

PRIMARY BENEFITS

The fresh, sweet and minty aromas of therapeutic Spearmint essential oil can help provide relief from digestive discomfort and can calm and comfort body and mind.

INHALATION:

Traditionally used in Aromatherapy to:

- Relieve intestinal gas
- Decrease flatulence/carminative
- Reduce abdominal spasm
- Relieve digestive discomfort
- Soothe and calm nerves
- Relieve symptoms of stress
- Reduce common cold symptoms

TOPICAL:

Traditionally used in Aromatherapy to:

- Decrease excess intestinal gas
- Reduce flatulence/carminative
- Relieve abdominal spasm
- Relieve digestive discomfort
- Soothe and calm nerves
- Decrease symptoms of stress

ORAL:

Traditionally used in Western herbal medicine to:

- Decrease colic (wind/gas pain)
- Decrease excess intestinal gas
- Reduce flatulence/carminative
- Relieve abdominal spasm
- Relieve digestive discomfort
- Reduce nausea



THIS PRODUCT MAY NOT BE RIGHT FOR YOU. READ THE WARNINGS BEFORE PURCHASE. ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL.



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dōTERRA THERAPEUTIC

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PRODUCT DESCRIPTION

Named for its spear-shaped leaves, the spearmint plant grows in slender spikes just 30cm tall and forms small clusters of white, pink or purple flowers. These blossoms require extended exposure to sunlight before they can be harvested, but once they are ready, they are carefully steam-distilled to release the aromatic organic compounds used to create Spearmint essential oil.

Spearmint has been widely used as a refreshing additive in gums, candies and dental products, but the fresh, minty and sweet aromas of Spearmint essential oil have traditionally been used in aromatherapy to ease digestive discomfort, reduce common cold symptoms and soothe and calm the nerves.

DIRECTIONS FOR USE

Adults only. For inhalation and topical use only.

FOR INHALATION USE:

- Add 1 - 6 drops in a vaporiser and inhale deeply

- Add 5 - 12 drops to a bowl of hot water and inhale deeply
- Apply 1-6 drops onto a tissue, hold near nose and inhale

Use up to 3 times per day.

FOR TOPICAL USE:

Dilute 1-2 drops of oil with 5mL of carrier oil. Apply to affected area up to 3 times per day.

FOR ORAL USE:

Add 1 -2 drops to a glass of water or tea and drink up to 3 times per day.

CAUTION:

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Adults only. Not to be used by children under 2 years of age without medical advice. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid contact with eyes, inner ears, and sensitive areas.

PLANT PART: Flower

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Carvone, limonene



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