

# SPEARMINT

*Mentha spicata 15 mL*

*Sweet, minty, fresh*

*Aromatic description*

## PRIMARY BENEFITS

- Diffuse to for an uplifting aroma

## PRODUCT DESCRIPTION

Spearmint is a perennial plant that grows 30cm – 1 metre tall and flourishes in temperate climates.

It is widely used in gums, candies, and dental products for its minty taste. Its sweet, refreshing and cleansing aroma promotes a fresh and invigorating atmosphere when diffused.

In cooking, Spearmint is frequently used in salads, drinks, and desserts, but it can also be used in homemade salad dressings and to marinate meats.

## USES

- Diffuse for an uplifting aroma. Blends well with Eucalyptus, Cedarwood and Tangerine essential oils.
- Add a drop or two to flavour any salad, meal, dessert or drink.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Plant

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Carvone, limonene



Certified Pure Tested Grade

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