

AUST L 357192
AU SKU: 60217556



dōTERRA® SPEARMINT

Mentha spicata herb top flowering oil essential 1 mL/mL

Floral, sweet, herbaceous

Aromatic description

Harness the power of nature for health and wellness with therapeutic Spearmint essential oil.

Spearmint is believed to be the oldest of mints, heralded over centuries for its many benefits. It has been traditionally 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". It's fresh, restorative and uplifting aromas has a soothing effect.

PRIMARY BENEFITS

TRADITIONALLY USED IN
AROMATHERAPY TO:

- Relieve abdominal spasm
- Relieve digestive discomfort
- Soothe and calm nerves
- Relieve symptoms of stress
- Reduce common cold symptoms

TRADITIONALLY USED IN WESTERN
HERBAL MEDICINE TO

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

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 used the oil for courage during war.

DIRECTIONS FOR USE

INHALATION: 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.

FOOD FLAVOUR USE: Add one or two drops to food. Add 1-2 drops to a glass of water or tea and drink up to 3 times per day.

TOPICAL USE: Dilute 1-2 drops of oil with 5mL of carrier oil. Apply to affected area up to 3 times per day. See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
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.

PLANT PART: Flower

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Carvone, limonene



Certified Pure Tested Grade

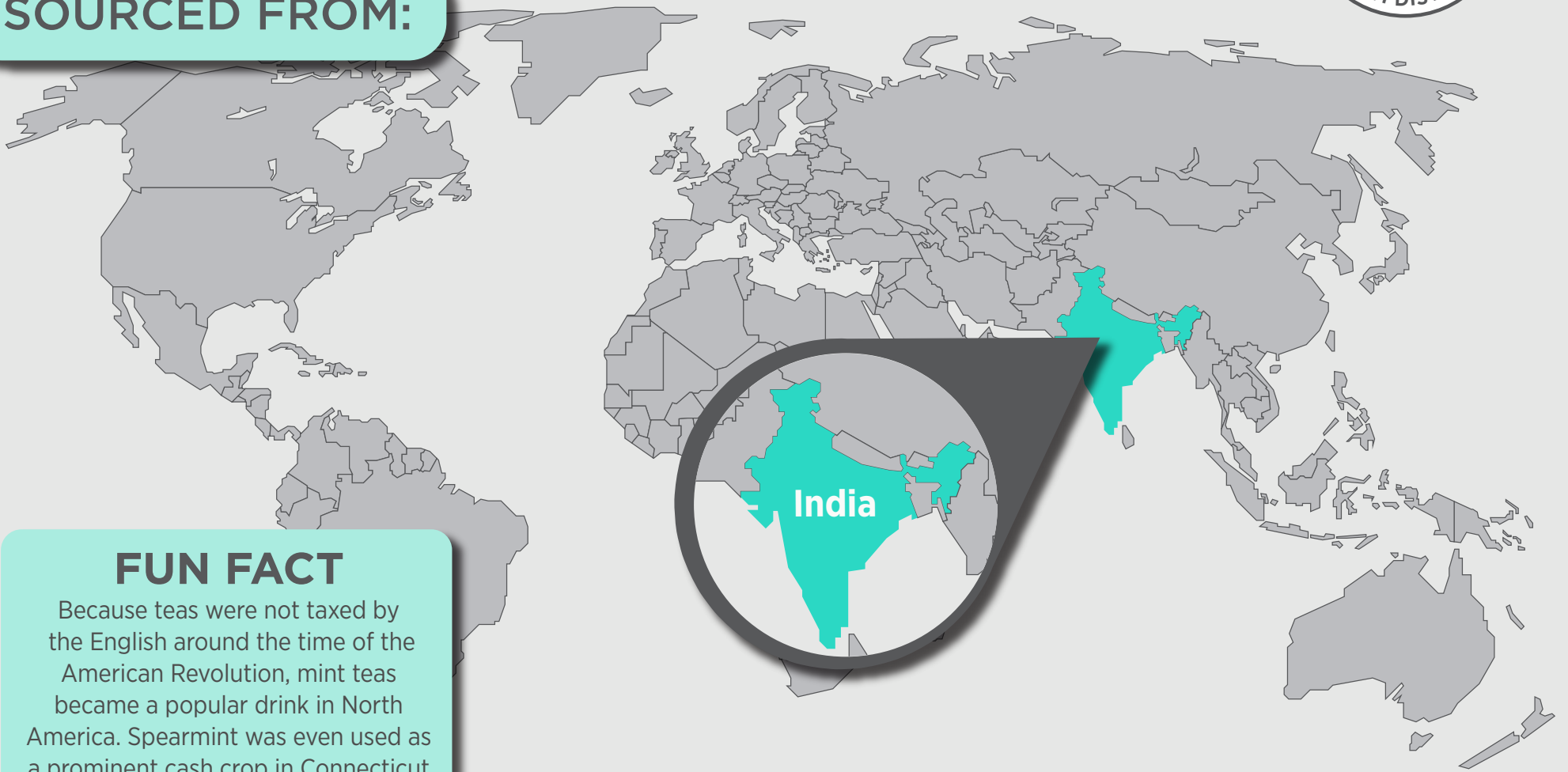
Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.
©2022 dōTERRA 19072022

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Spearmint A T I S



SOURCED FROM:



FUN FACT

Because teas were not taxed by the English around the time of the American Revolution, mint teas became a popular drink in North America. Spearmint was even used as a prominent cash crop in Connecticut during this time.

WHAT IT TAKES TO MAKE A BOTTLE:

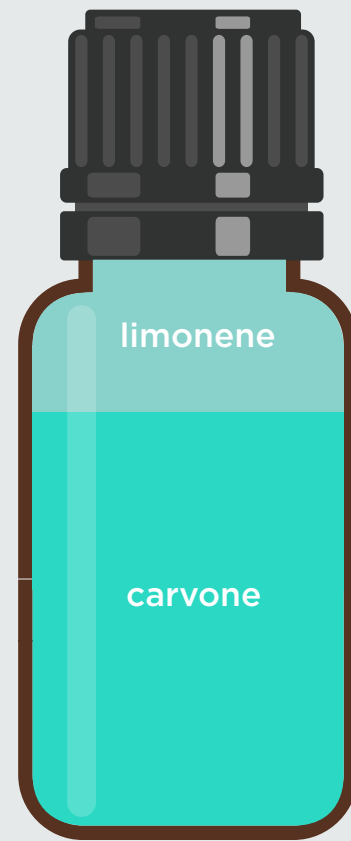


=



It takes approximately 1.6 kilograms of spearmint plant matter to produce 15 mL of Spearmint essential oil.*

CHEMISTRY:



The main chemical constituents and associated benefits of spearmint are:

uplifting
cleansing

soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

111

Published studies
on the benefits
of spearmint

Numbers according to
PubMed as of December 2017

FUN FACT

In the Middle Ages, spearmint was commonly scattered on the floor to get rid of rodents and encourage good health.

WORKS WELL WITH:

