

Japanese Peppermint

Mentha canadensis 15 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A | T | S

Plant Part: Leaves/Stems

Extraction Method: Steam distillation

Aromatic Description: Slightly sweet, minty, cool

Main Chemical Composition: Menthol, menthone

Japanese Peppermint | *Mentha canadensis* 15 mL

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Primary Benefits

- + Creates a stimulating environment
- + Provides a refreshing, minty aroma
- + Cooling and invigorating on skin

Description

Take a deep breath and enjoy the crisp, cool aroma of Japanese Peppermint. This unique, menthol-rich variety of Peppermint essential oil is beyond refreshing and offers many potent aromatic and topical benefits.

Diffuse Japanese Peppermint in your home or office to create a fresh, uplifting and vibrant atmosphere. Japanese Peppermint oil contains a high amount of menthol, contributing to its strong, minty aroma. Use Japanese Peppermint oil in a massage for a cooling effect on the skin after exercise. It can be a delightful aromatic addition to DIY personal care products. Cooling on a hot day, use Japanese Peppermint oil topically for a refreshing and rejuvenating sensation.

Uses

- + Diffuse for a refreshing and energizing aroma.
- + Place a drop in your palm, rub your hands together, and inhale deeply.
- + Rub a drop into your temples and the back of the neck at the base of the skull.
- + Combine with a carrier oil and use to enhance a post-workout massage.
- + Add a few drops to a spray bottle with water and spritz on skin for a cooling sensation.

Directions

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

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

Cautions

For external use only. Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.