

Peppermint (NHP)

Mentha piperita 15 mL

dōTERRA | CANADA

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: **A** **T** **I** **S**

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

Peppermint

Mentha piperita 15 mL

Part Number: 30192113

Wholesale: \$28.25 CAD

Retail: \$37.67 CAD

PV: 23.5



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. Consistently one of dōTERRA's best sellers, Peppermint oil has a wide range of benefits from freshening breath to its energizing aroma. Peppermint essential oil is always useful to have on hand. NPN# 80061370

USES

Cosmetic

- Massage into neck and shoulders for a refreshing aroma.
- Add to shampoo or conditioner for a stimulating hair massage.
- Add to cold water compress or foot bath to cool off when overheated.
- Dilute with Fractionated Coconut Oil and apply after exercise for a refreshing feeling.

Food

- Add one or two drops to a favorite smoothie recipe for a refreshing twist.

Household

- Place Peppermint in a spray bottle and spritz around windows and doors.
- Diffuse five drops Peppermint oil for an energizing aroma.

Therapeutic

- Used in aromatherapy as a nervine and calmative.
- Used in aromatherapy as a carminative and antispasmodic to relieve symptoms of digestive discomfort.
- Used in aromatherapy to help relieve colds and coughs.
- Used in aromatherapy to help relieve joint and muscle pain associated with sprains, strains, and rheumatoid arthritis.
- Traditionally used in herbal medicine to help relieve nausea and vomiting.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 120mL of liquid.

Topical use: When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity.

CAUTIONS

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.