

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 Composition: Menthol, menthone, eucalyptol

Peppermint | *Mentha piperita* 15 mL

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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 nerve and calmate.
- + 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.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin

Directions

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.