

# 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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## Primary Benefits

- + Has a refreshing, stimulating aroma
- + Provides a cool topical sensation
- + Adds a distinct minty taste to water or recipes
- + Used in aromatherapy as a nervine and calmative
- + Used in aromatherapy to help relieve colds and coughs
- + Traditionally used in herbal medicine to relieve nausea and vomiting

## Description

CPTG Certified Pure Tested Grade® Peppermint oil has a distinct, invigorating aroma that creates a positive and energizing atmosphere. Because Peppermint essential oil has a high menthol content, Peppermint has a cooling effect when applied topically and provides a soothing sensation during massage. Peppermint also adds a refreshing, minty taste to desserts and beverages, and is frequently used in toothpaste and chewing gum for oral care.

Peppermint oil can help relieve symptoms of digestive discomfort and nausea when used in herbal medicine. When diffused or used topically in aromatherapy, dōTERRA Peppermint's cool, refreshing aroma has calmative properties and can help relieve symptoms related to colds and coughs. NPN 80061370

## Uses

### Cosmetic

- + Diffuse or place a drop of peppermint oil in the palm of the hand and inhale
- + Massage into your neck and shoulders for a refreshing aroma.
- + Add a drop to your shampoo or conditioner for a stimulating scalp massage.
- + Add a drop of Peppermint essential oil to a favorite recipe.

### 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.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

N Neat D Dilute S Sensitive Skin

## Directions

**Aromatic:** Apply 1 to 6 drops of essential oil undiluted on a tissue and breathe slowly up to 3 times a day.

**Oral:** Add 2 or more drops of oil to water, on a lump of sugar or to a dōTERRA Veggie Cap. Maximum 16 drops per day.

**Topical:** Dilute 1 drop with 5 ml of the dōTERRA Fractionated Coconut Oil. Apply on your skin up to 3 times a day or use during a massage once a day. Rub or massage into skin until solution vanishes. Do not use essential oil undiluted.

## Cautions

Keep out of reach of children. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. If accidental ingestion occurs, seek urgent medical attention or contact a Poison Control Center. Consult a healthcare practitioner prior to use if you have epilepsy, asthma, anaemia, gallstones, hiatus hernia or gastroesophageal reflux, or if symptoms persist or worsen. If you are pregnant or breastfeeding do not use this product. Avoid exposure of applied areas to the sun. Some people may experience gastroesophageal reflux. Hypersensitivity (e.g. allergy), nausea, dizziness or headache have been known to occur, in which case, discontinue use. If you have broken, irritated, or sensitive skin, do not use this product. For occasional use only.