

Spearmint

Mentha spicata 15 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I S

Plant Part: Plant

Extraction Method: Steam distillation

Aromatic Description: Sweet, minty, fresh

Main Chemical Composition: Carvone, limonene, 1, 8-cineole, β -myrcene

Spearmint | *Mentha spicata* 15 mL

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Benefits

- + Has a refreshing, uplifting aroma
- + Provides a cool, invigorating sensation to skin
- + Promotes fresh breath when used orally
- + Adds a minty, sweet flavour to drinks and recipes

Description

Spearmint is a world-famous herb widely used in gums and dental products for its minty taste and ability to promote fresh breath. Not only can dōTERRA Spearmint oil be used in oral care and cooking, but it also provides a powerfully refreshing aroma and a cool, invigorating sensation to the skin when used topically.

Milder than other mint oils, Spearmint oil is a much gentler option to use topically for those with sensitive skin. Its fresh aroma is both uplifting and stimulating, making it ideal for diffusion while working or studying. While cooking, Spearmint oil is frequently used in salads, drinks, and desserts, but it can also be added to homemade salad dressings and meat marinades.

Uses

- + Diffuse Spearmint essential oil for a positive aroma.
- + Use one drop of Spearmint oil in massage for a cool topical sensation.
- + Apply Spearmint oil to your toothbrush before brushing teeth.
- + Add one to two drops of Spearmint essential oil to water and gargle to freshen breath.
- + Add a drop or two of Spearmint essential oil to any dessert, drink, salad, or entrée for flavour.

Directions

Aromatic use: Use three to four drops in the diffuser of your choice.

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

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