

# Peppermint

*Mentha piperita* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T I S

**Plant Part:** Leaf/Stem

**Extraction Method:** Steam distillation

**Aromatic Description:** Minty, fresh, herbaceous

**Main Chemical Components:** Menthol, menthone, eucalyptol

## PRIMARY BENEFITS

- Used in desserts
- Use a drop of Peppermint with Lemon in water for a healthy, refreshing mouth rinse.

## 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. Frequently used in toothpaste and chewing gum for oral hygiene. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

## USES

- Take one to two drops in a Veggie Capsule
- Add a drop to your favorite smoothie recipe for a refreshing twist.
- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense and inhale for a midday pick-me-up.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

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

## 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.

