

Spearmint

Mentha spicata 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T I S

Plant Part: Plant

Extraction Method: Steam distillation

Aromatic Description: Sweet, minty, fresh

Main Chemical Components: Carvone,
limonene

PRIMARY BENEFITS

- Promotes a sense of focus and uplifts mood when diffused
- Promotes fresh breath

PRODUCT DESCRIPTION

Spearmint is a perennial plant that grows 11–40 inches tall and flourishes in temperate climates. It is widely used in gums, candies, and dental products for its minty taste, and to promote fresh breath. Its sweet, refreshing aroma is cleansing and uplifting, making it ideal to evoke a sense of focus and positive mood. Spearmint is very different from Peppermint, making it a milder option to use topically on children and those with sensitive skin. In cooking, Spearmint is frequently used in salads, drinks, and desserts, but it can also be used in homemade salad dressings and to marinate meats.

USES

- Diffuse to uplift mood
- Apply to toothbrush before brushing teeth for fresh breath.
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring.
- Add 1–2 drops to water and drink.

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.

