

Peppermint

Mentha piperita 5 ml

dōTERRA® | INDIA

Product Information Page



Application: A I S

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

Peppermint | *Mentha piperita* 5 ml

SKU: 60219324

Primary Benefits

- + Peppermint essential oil is a culinary wonder and has been used to add a fresh boost to meals in kitchens all across the world.
- + Helps promote a fresher breath when mixed with water.
- + Invigorates and enlivens the senses.

Product Description

Consistently one of dōTERRA's best sellers, Peppermint essential oil has a wide range of benefits from freshening the breath to its energizing aroma. Peppermint essential oil is always useful to have on hand.

Uses

- + Add one or two drops to a favorite smoothie recipe for a refreshing twist.
- + Add one or two drops to a soothing cup of tea.
- + Diffuse five drops Peppermint essential oil for an energizing aroma

Directions for Use

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

For Use in Food: Dilute one drop in 120 ml of liquid.

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.