

# Peppermint

*Mentha piperita* 15 ml

dōTERRA® | INDIA

Product Information Page



**Application:** A T S

**Plant Part:** Whole Plant

**Extraction Method:** Steam distillation

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

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

**Peppermint** | *Mentha piperita* 15 ml

**SKU:** 60219319

## Primary Benefits

- + Peppermint essential oil can help cleanse the skin with its natural given properties when used with caution
- + It promotes a sense of cooling and soothing effect when applied on the skin during the summer days.
- + Diffuse for a clear crisp scent in the air
- + Invigorating to the senses promoting an uplifted cheery feeling

## 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. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils because of its many benefits.

## Uses

- + Use a drop of Peppermint essential oil around the neck to help wake the senses.
- + Peppermint essential oil can help promote a healthy scalp by stimulating blood circulation when mixed with a shampoo of preference. Use with caution when rinsing hair.
- + Combine with Fractionated Coconut oil and massage into neck and shoulders to relieve feelings of tension.
- + Add to cold water compress or foot bath to cool off when overheated.
- + Apply to pulse points with a carrier oil when feeling fatigued or low energy.

## Directions for Use

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

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