

# Spearmint

*Mentha spicata* 15 ml

dōTERRA® | INDIA

Product Information Page



CPTG®

Application: **A** | **T** | **S**

Plant Part: Plant

Extraction Method: Steam distillation Aromatic

Aromatic Description: Sweet, minty, fresh

Main Chemical Components: Carvone, limonene

Spearmint | *Mentha spicata* 15 ml

SKU: 60220338

## Primary Benefits

- + Incorporate into effective work and study habits
- + Helps and comforts the body and the mind
- + Provides relief from digestive discomfort

## Product Description

Spearmint is a perennial plant that grows 11–40 inches tall and flourishes in temperate climates. Spearmint essential oil has a sweet, refreshing and cleansing aroma which promotes a fresh and invigorating atmosphere when diffused. Spearmint essential oil is very different from Peppermint essential oil, making it a milder option to use topically on children and those with sensitive skin.

## Uses

- + Diffuse to uplift mood
- + Decrease symptoms of stress when applied topically
- + Helps relieve abdominal discomfort when applied topically

## 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 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.