

# SuperMint™

Essential Oil Blend 15 mL

dōTERRA®

Product Information Page



**Application:** A T D

**Ingredients:** Peppermint, Japanese Mint, Bergamot Mint, Spearmint

**Aromatic Description:** Herbal, sweet

## Primary Benefits

- + Combines Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils in a synergistic blend, delivering a revitalizing, minty, herbal, and sweet aroma
- + Aroma creates an atmosphere that may support mental clarity and enhanced stamina
- + Soothes and comforts when incorporated into a massage
- + Provides a cooling sensation, which may contribute to feelings of open airways
- + Freshens breath and leaves the mouth feeling refreshed when used as an oral rinse

## Description

Crisp, clean, and compelling, SuperMint brings together CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils, creating a powerfully refreshing blend. When diffused or used topically, SuperMint offers an invigorating, energizing aroma and an uplifting environment that's ideal for mental focus and enhanced stamina. Menthol—the primary constituent of SuperMint—promotes a cooling sensation, which may contribute to feelings of open airways. When applied to the skin during a massage, the cooling effect may be soothing and comforting. This minty blend can also help freshen breath when used as an oral rinse.

## Uses

- + Diffuse throughout the day for an inspiring aroma.
- + Add to dōTERRA Spa Hand and Body Lotion for a comforting massage.
- + Combine one drop of SuperMint essential oil blend with 60 mL of water and gargle for a fresh mouth rinse.

## Directions

**Aromatic use:** Add three to four drops to the diffuser of your choice.

**Topical use:** To apply topically, dilute one drop essential oil to 10 drops carrier oil. See additional precautions below.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, face, and sensitive areas.