

Peppermint

Mentha piperita 15 mL

dōTERRA®

Product Information Page



Application: T | S

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

Peppermint | *Mentha piperita* 15 mL

Primary Benefits

- + May support the appearance of thick, healthy, and youthful looking hair
- + May keep the skin looking clear, and may reduce the appearance of blemishes

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. Frequently used in toothpaste and chewing gum for oral health, it also is beneficial to the skin and applied topically may help reduce the appearance of blemishes. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

Uses

- + Blends well with Lavender essential oil.

Directions

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

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.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin