

Peppermint

Mentha piperita 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T I S

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

PRIMARY BENEFITS

- When ingested, promotes healthy respiratory function and clear breathing
- Promotes digestive health when taken internally
- Repels bugs naturally

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. Frequently used in toothpaste and chewing gum for oral hygiene, Peppermint also helps alleviate occasional stomach upset and promotes healthy respiratory function when taken internally. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

USES

- Use a drop of Peppermint with Lemon in water for a healthy, refreshing mouth rinse.
- Take one to two drops in a Veggie Capsule to help alleviate occasional stomach upset.
- Add a drop to your favorite smoothie recipe for a refreshing twist.
- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense and inhale for a midday pick-me-up.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 120ml of liquid.

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.

