

# SuperMint

Mentha 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
- + 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

## Description

Crisp, clean, and compelling, dōTERRA SuperMint brings together CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils, creating a powerfully refreshing blend. When diffused or used topically, dōTERRA SuperMint offers an invigorating, energizing aroma and an uplifting environment that's ideal for mental focus and enhanced stamina. Menthol—the primary constituent of dōTERRA SuperMint—promotes a cooling sensation when inhaled, 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 synergistic blend helps freshen breath.

## Uses

- + Diffuse in your favorite dōTERRA diffuser throughout the day for an inspiring aroma.
- + Use in an office or car diffuser to refresh your space.
- + Rub one to two drops between your hands, cup them over your face, and inhale for a refreshing midday boost.
- + Add to dōTERRA spa Hand and Body Lotion for a comforting massage.

## 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.