

Peppermint

Essential Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



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Application: A S

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

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. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

USES

- Aroma may promote motivation to complete tasks, promote alertness, and promote cognitive thinking when diffused.

DIRECTIONS FOR USE

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

CAUTIONS

Keep out of children. See label before use. Keep out of eyes and mucosa. In case of accidental skin contact, please rinse off with clean water or a carrier oil.

PRIMARY BENEFITS

- uplifts mood and promotes a sense of alertness when diffused
- may promote feelings of clear airways

