

# PEPPERMINT

*mentha piperita* 10ml



## application

Aromatic • Bath • Household • Internal • Topical

## properties

### Wild-crafted

**Producing Organ:** Whole Plant

**Extraction:** Steam Distillation

**Country of Origin:** France

**Safety Group:** #2

**Main Chemical Constituents:** menthol, menthone

**Therapeutic Properties:** Spasmolytic, carminative, cholagogic, anti-bacterial, secretomotor, analgesic, anti-inflammatory, antipruritic, antiseptic, antispasmodic, antiviral, astringent, menorrhagia, expectorant, hepatic, nerve tonic, protects the gastric mucus of the stomach, sudorific, vasoconstrictor, vermifuge [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 175.]

## uses

- Add 8-10 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath to assist with nausea, cramps, and flatulence.
- Diffuse 15 minutes per hour to create an energizing, uplifting environment.
- Add to water and sip for a refreshing digestive aid.
- A drop or two may be applied neat to a blow to the skin to assist with pain relief.
- Mix 10 drops into 1 ounce of Grape Seed Oil and use during massage to assist with muscular pains.
- Add to shampoo for an invigorating scalp massage.

## product summary

Peppermint, the most popular member of the mint family, is a natural hybrid of green mint and water mint. The plant was first discovered in England in 1696. Since the mid-18<sup>th</sup> century it has been grown in large quantities around Mitcham, England. The flower of true Peppermint is sterile. Propagation takes place through the root system below ground.

Unlike many other herbs and essential oils, numerous health benefits of Peppermint leaves and Peppermint essential oil have been studied and proven by the scientific community.

Peppermint essential oil is a mental as well as a physical stimulant and encourages study without the development of mental fatigue. It is helpful when studying or doing book work to diffuse into the room to help stay alert.

Peppermint contains nine expectorant compounds, they help move mucus up and out of the lungs. Its main constituent, menthol, thins mucus, making the expectoration easier. Peppermint also contains antiseptic, antibacterial, antiviral, and antimicrobial compounds making it effective with gingivitis, colds and flu, and respiratory concerns.

## responsible cautions

- Used in moderation Peppermint is non-toxic, non-irritant, and non-sensitizing.
- May cause an adverse reaction in those who suffer atrial fibrillation.
- Should not be used anywhere near the noses of babies or children under the age of three, or near the face generally as it could cause a spasm in the larynx.
- Should not be used in conjunction with homeopathic remedies.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.