

### **Spearmint Essential Oil**

Botanical Name: *Mentha spicata*

Plant Part: Leaves

Origin: China

Processing Method: Steam Distilled

Color: Clear to pale yellow

Consistency: Thin

Note: Top

Strength of Aroma: Medium

Aromatic Scent: Spearmint Essential Oil has a fresh minty smell reminiscent of Peppermint. The major difference is that Spearmint oil is sweeter, and not quite as harsh.

Blends With: Basil, Birch Sweet, Bergamot, Eucalyptus, Jasmine, Lavender and Rosemary.

Common Uses:

Asthma, exhaustion, fever, flatulence, headache, nausea, scabies, vertigo.

Cautions:

Tisserand and Young report that Spearmint Essential Oil is a potential mucous membrane irritant. They also caution that there is a low risk of skin sensitization and recommend a dermal maximum of 1.7%.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

