

Peppermint Essential Oil

Botanical Name: Mentha Piperta

Plant Part: Leaves, flowers, buds

Origin: India

Processing Method: Steam Distilled

Color: clear to pale yellow

Consistency: Thin

Note: Top

Strength of Aroma: Strong

Aromatic Scent: Peppermint has a sharp, penetrating scent based on its high menthol content.

Blends with: Basil, benzoin, black pepper, cypress, eucalyptus, geranium, grapefruit, juniper, lavender, lemon, marjoram, niaouli, pine, ravensara, rosemary, tea tree

Common uses:

Asthma/breathing, colic, exhaustion, flu, flatulence, headache, nausea, scabies, sinusitis, vertigo.

Cautions:

Tisserand and Young confirm that it is low risk as a mucous membrane irritant. Peppermint Oil is choleric and can pose a risk of neurotoxicity. They recommend a maximum dermal use level of 5.4% and state that it should be avoided in instance of cardiac fibrillation and by those with a G6PD deficiency. Do not apply near the face of infants/children.

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.

