



Palm Beach Springs Water Company Inc.
1551 NW 24th Dr. Bay B
Okeechobee, Fl. 34972
(561) 693-9015
pauladjuster@gmail.com
pH3cleanscents.com

pH³ Clean Scents Peppermint

Ultra-Low pH Functional Electrolyzed Water
Enhanced W / Peppermint Essential Oil

Change your cleaners, change your life. Advanced Ionic cleaning and solutions with Essential Organic Oils offer benefits rather than risk.

Advanced Ionic solutions are compatible with organic oils. Why just “clean” and why with chemical risk? Clean with benefits, clean with no risk!

Here is some information on Peppermint I collected from reliable sources online.

Peppermint essential oil is a compound derived from the *Mentha x Piperita* plant, which is obtained through leaves and flowers.

There are many different species of mint. When higher menthol content is required in the oil, *Mentha Arvensis* is used. *Mentha Piperita*, on the other hand, is much sweeter and the most used to produce the essential oil.

This oil, unlike others, has been widely studied by science, since it contains numerous beneficial properties for both, health and aesthetics.

Its fresh, menthol and cool aroma is strong and very characteristic. Regarding its tonality, it is colorless when freshly extracted and over time, it can turn greenish, light yellow or reddish.

Peppermint Essential Oil in the History

The history of this oil is extensive, since peppermint oil is one of the oldest oils applied for medicinal use.

In 1550 BC, peppermint oil appears mentioned in the papyrus Ebers, a collection of medicinal recipes of the time.

Also, Egyptians used this plant in the preparation of numerous medicines, mainly to counteract stomach pains and, although it has not yet been possible to know what was the relationship of this herb with death, it has been found in numerous tombs of this country.

For its part, Japan has been using it for more than 2000 years. In Greece, Hippocrates spoke of it as a strong aphrodisiac, and Plinio praised its analgesic power and recommended using a crown of mint to increase mental performance.

Greek mythology has a page dedicated to this herb, represented in a nymph. The mighty god Pluto had betrothed Persephone as the master and lord of the Avernus. But the god fell madly in love with the beautiful Mentha and his wife, maddened by jealousy, trampled poor Mentha until she crushed her.

With the desire to save her, Pluto then turned her into grass. Since then, mint has been present in the most exuberant banquets of both Greeks and Romans, to combat discomfort caused by excesses of food, as well as headaches and dizziness.

Chemical components of Peppermint Essential Oil

The main constituents of Peppermint oil are menthol (30-60%) and menthone (14-32%). Further components are methyl acetate, 1,8 cineole, limonene, α -pinene, β -pinene, sabinene, myrcene, p-cymene, α -terpinene, β -caryophyllene, linalool, carvone, piperitone, isomenthone and trans-anethole, among others.

Properties of Peppermint Essential Oil

Among the numerous properties of peppermint oil we can highlight the following:

- Antiseptic
- Antipruritic
- Astringent
- Antibacterial
- Anti-emetic
- Antitussive
- Cephalic
- Choleric
- Insecticidal
- Mucolytic
- Secretolytic
- Anti-inflammatory
- Analgesic
- Expectorant
- Antispasmodic
- Immunostimulant
- Tonic
- Carminative
- Digestive
- Emmenagogue
- Vermifuge
- Hepatoprotective
- Decongestant
- Stimulant
- Refreshing

Uses of Peppermint Essential Oil

Peppermint oil has several minerals, vitamins and nutrients in its composition, such as iron, magnesium, calcium, potassium, manganese, copper, folate, various fatty acids such as omega-3, and vitamins from the complex C and A. Thanks to all these components together with the natural properties of the plant.

Peppermint essential oil can benefit the body in the following aspects when used constantly:

- Control and reduction of skin fat, avoiding acne and cellulite problems
- Helps in the treatment of varicose veins, since it improves circulation

- Avoids fluid retention
- Decongests the body, especially the respiratory system
- It has a refreshing effect for skin, hair, mouth, etc.
- Eliminates bad odors
- Relieves digestive discomfort
- Act as a natural analgesic
- Relieves burns and inflammations
- Controls fever
- Relieves headache and migraines
- Reduces muscle and joint pain
- Serves to relieve insect bites
- Stimulates nervous system
- Relieves premenstrual problems

Peppermint essential oil is also used in other areas, such as:

COSMETIC AND PHARMACEUTIC

In the manufacturing industry peppermint oil is used as a fragrance for soaps and cosmetics. In addition, it is widely used as a flavoring agent in pharmaceutical products.

AROMATHERAPY AND MESSAGES

Numerous are the benefits that peppermint essential oil, exerts on the physical and mental body, (especially on the mental one) when it is applied in aromatherapy. Due to its relationship with the element Air and Yang qualities, it is appropriate to recover strength and combat fatigue. Also, with its fresh and comforting aroma, calms and relieves all kinds of mental and physical ailments.

Regarding its use for massages, peppermint oil is one of the few oils that can be used over the whole body, (except for eyes area and mucous membranes). For that reason, it is highly used in aromatherapy massages.

In skin care it is used as a depurative, but at the same time it helps to retain moisture, preventing its premature aging. It is also used in massage for specific areas to obtain a relaxing effect.

Benefits of Peppermint Essential Oil

Peppermint essential oil is one of the most useful and required oils. In addition to its incredible properties, mint has a wide variety of therapeutic benefits. It has been used extensively since ancient times in Western and Eastern medicine to treat indigestion, diarrhea, headaches, tired feet, toothaches, cramps, etc.

On the other hand, this oil also provides relaxing effects that help us to clear the mind. Experts say that encourages creativity, therefore, aromatic therapies with peppermint oil are so recommended to people suffering from stress.

Below you will find some of its most known benefits:

Relieves respiratory conditions and colds

Peppermint oil is beneficial to treat common cold, cough, throat inflammation, sinus infection and respiratory infections such as tonsillitis, bronchitis, asthma, etc.

Benefits for the mind and central nervous system

Helps to fight nervousness, depression, anxiety, stress and other symptoms that derive from the nervous system such as headaches, migraines, vertigo or dizziness.

Peppermint aroma helps clear the mind and stimulates memory and concentration. It is a mental tonic recommended for situations of high intellectual demand. It is ideal to spread in work or study environments, thus favoring concentration, coordination, imagination and creativity.

The Japanese pulverize peppermint oil into the environment inside the factories, since it has been proven that this improves the workers production.

Also, peppermint oil is especially useful in situations of overloading responsibilities, or when negative energies surround us producing lack of clarity and regret.

Because of its ability to oxygenate the brain, this oil harmonizes the functioning of both hemispheres.

Besides, it helps us find solutions easily for everyday problems and tasks.

Additionally, a few drops applied to the forehead or temples, relieve tiredness and mental exhaustion, helping to recover energies and lucidity.

For that same property, it is very suitable for nervous discomfort caused by travel (dizziness, headaches, vomiting, etc.).

Eliminates bad breath

Thanks to its antiseptic power, this oil can eliminate bad breath. Because of this, peppermint essential oil is a fundamental ingredient of many dentifrices and mouth rinses. Besides helping to eliminate bacteria that cause bad breath, it also fights other infections such as cavities and gingivitis.

Benefits for hair

Peppermint essential oil is highly beneficial for the hair, since it contains antiseptic, regenerating and stimulating properties. Thanks to this, we can eliminate dandruff and lice problems. In addition, it provides a soothing effect to the scalp, avoiding dryness and irritation; while at the same time stimulating its growth, strength, shine and silkiness.

This oil is included in various commercial cosmetic products, but we can also use it on our own. Adding a couple of drops to our usual shampoo or applying the oil directly to the scalp (previously diluted in a carrier oil such as jojoba oil, argan oil, olive oil, avocado oil, almond oil or coconut oil). Then, perform a gentle massage and let stand for 5 minutes before washing.

Benefits for the skin

According to several studies, it is certain that peppermint oil has antiviral agents, so it can be a treatment against infections such as herpes or skin breakouts. In addition, it is ideal for the care of skin conditions such as dermatitis, itching, acne, etc.

Besides, its antiseptic and anti-inflammatory properties make it a useful disinfectant on wounds and insect bites.

This oil can be blended with many others, in this way its effects and properties can be enhanced, so that the product can be used in more treatments.

The most used oils to blend with peppermint oil are rosemary, lemon and eucalyptus, which contribute to its therapeutic purposes in the skin and aromatically.

On the other hand, due to its high menthol content, peppermint essential oil serves to refresh the skin and is effective when added to invigorating skin products, such as foot creams and after sun lotions. Also, peppermint oil and leaves have a cooling effect when used topically for muscle pain, nerve pain, relief from itching, or as a fragrance.

Relieves all types of pain

Peppermint essential oil, thanks to its analgesic properties, helps relieve headaches, muscle aches, pain caused by arthritis or other joint problems, nerve pain and toothaches, among others. Some people also use peppermint oil for menstrual problems, liver and gall bladder discomfort.

Warnings and Side Effects when using Peppermint Essential Oil

Peppermint oil is safe when applied to the skin. However, due to its high menthol content, peppermint oil is an irritant and its application in skins of babies or children under two years old is not recommended.

People with delicate or sensitive skin should also avoid its use. Generally, oily skin has better tolerance to this oil.

Special warnings and precautions

Avoid undiluted application to open wounds and sensitive skin.

Peppermint essential oil is contraindicated for individuals with achlorhydria (absence of free hydrochloric acid in gastric juice), obstruction of bile ducts, gallbladder inflammation, or severe liver damage.

Those who suffer from gallbladder conditions, may experience inflammation in the area, so they should consult a doctor beforehand about the use of this oil.

Peppermint essential oils is contraindicated via any route for infants. Avoid application on or near the face with small children due to risk of respiratory spasm (spasms of the tongue) and respiratory arrest.

Therefore, it cannot be applied topically or orally, as it would cause burning in the mouth, inflammation, and on the skin, could cause allergic reactions and irritation.

All information gathered from essential sites online with the best of intentions to share information.



Peppermint Essential Oil

Gas Chromatography Report

Major Chemical Constituents of Peppermint

Name	Area%	Attribute	Therapeutic
Menthol	38.6	Minty flavor, odor and cooling effect.	Antimicrobial, anti-inflammatory, gastrointestinally protective, antifungal, candida, and anti-allergic.
Menthone	24.9	Distinctive aromatic and minty fragrance with fresh camphoraceous, cooling and sweet attributes.	Pesticidal, insecticidal, antispasmodic, hypertensive.
Menthofuran	6.8	Perfumery agent.	Relaxant.
1,8-Cineole (eucalyptol or cajeputol)	6.3	Fresh, strong, spicy, camphor like aroma. Pale to clear color. Cooling taste.	Bronchodilator, antiviral, mucolytic, anti-inflammatory, cough suppressant.
Menthyl acetate	6.1	Flavor and fragrance (milder than menthol)	Antispasmodic, cleaning.
Neomenthol	3.1	Cooling, mentholic minty fragrance.	Stimulant, anxiolytic, insulin.
		Distinctive gentle	Anxiolytic