

PEPPERMINT ESSENTIAL OIL

Peppermint is a perennial herb, a hybrid of watermint and spearmint that is indigenous to Europe and the Middle East but is grown in most areas. It grows to around 30 – 90cm and produces a purple flower. The essential oil is extracted by steam distillation of the whole plant. With its refreshing minty aroma the essential oil is invigorating and is purported to improve concentration. .

Botanical Name	<i>Mentha piperita</i>
Plant Part	Whole plant
Actions	Refreshing, invigorating, improves concentration, clarifies the mind
May Help	Burn out, lethargy, nausea, headaches, apathy, lack of concentration
Fragrance Note	Top
Blends with	Bergamot, Citrus Oils, Eucalyptus, Lavender, Marjoram, Mints, Tea Tree



Suggestions for use:

STUDY AID BLEND	
Peppermint	2
Lemon	6
Rosemary	2
In a Vaporiser	

IT'S BEEN A LONG DAY BLEND	
Peppermint	2
Lavender	8
Carrier Oil	20ml

*Quantity shown refers to number of drops of essential oils

Cautions

May occasionally cause sensitising effects. Avoid in pregnancy, lactation and on children less than 3 years.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.