

Peppermint

Mentha piperita 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TPG** Certified Pure Therapeutic Grade®

Application: **Plant Part:**
A T I S Whole plant

Extraction Method:
Steam distillation

Aromatic Description:
Minty, hot, herbaceous

Main Chemical Components:
Menthol

PRIMARY BENEFITS

- Promotes healthy respiratory function and clear breathing
- Alleviates stomach upset
- Frequently used in toothpaste and chewing gum for oral health

PRODUCT DESCRIPTION

The peppermint plant is actually a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753. A high menthol content—like that found in the dōTERRA Peppermint essential oil—distinguishes the best quality Peppermint from other products. Frequently used in toothpaste and chewing gum for oral health, Peppermint also helps to alleviate stomach upset and promotes healthy respiratory function. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

USES

- Use a drop of Peppermint with Lemon in water for a healthy, refreshing mouth rinse.
- Rub on the stomach or take internally for occasional digestive discomfort.
- Add a drop of Peppermint to your chocolate Trim Shake for a yummy twist.
- Rather than grabbing an unhealthy snack mid-afternoon, re-energize by applying Peppermint to the palms of hands and deeply inhaling.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

