

Spearmint

Product Size: 5 ml

Item No 33352

Light, minty, and refreshingly sweet, Spearmint essential oil is a must-have for everyday wellness. Versatile and invigorating, this crisp, cooling scent is ideal for topical use or gentle aromatic moments. Apply to your pulse points during moments that call for a fresh perspective – whether you're working, studying, or in need of a midday reset. In stuffy settings like public transport, simply open the bottle and inhale deeply to enjoy its uplifting aroma. For a personalised touch, blend with citrus, floral, or woody oils to create a beautifully balanced fragrance.



Benefits and Features

- Has a cool, minty aroma that can be inhaled directly from the bottle as needed.
- Adds a fresh, cool aroma to lotions, body oils, and other personal care products.

Directions

Apply to desired area. In case of sensitivity, dilute 10 drops in 10 ml of Young Living V-6®.

Suggested Use

- Inhale Spearmint or massage it over your abdomen following meals or while travelling to enjoy its comforting aroma.
- Add a few drops to your shampoo, body lotion, or hand soap for a burst of sweet, minty freshness.
- Blend it with Young Living Citrus Fresh® or Tangerine for an uplifting aroma with a refreshing minty twist.

Ingredients

Mentha spicata* (Spearmint) leaf extract.

May contain: Limonene**, Linalool**.

*Premium essential oil.

**Natural constituents of essential oils.

Cautions

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use.

