

## Product Summary

Peppermint essential oil is treasured for its refreshing, minty aroma and its distinct cooling sensation on the skin. Distilled from the leaves of the *Mentha piperita* plant, Peppermint essential oil is typically four times more concentrated than peppermint extract.

## Why We Love It

With a familiar, invigorating aroma, Peppermint is perfect for diffusing by itself or as part of a custom-made blend. Because of its universal appeal, Peppermint is one of the most-used oils in diffusion—making it perfect for almost any room! Freshen your area at work or give your home an uplifting aroma with Peppermint!

Peppermint oil is also perfect for topical applications, including applying a little for its pleasant tingly sensation on your skin after a workout.

- Diffuse throughout the day for a fresh, energizing aroma.
- Apply neat or dilute with carrier oil and apply during massage after an intense workout.
- Apply a drop to your fingertips and rub on the back of your neck for a cool, refreshing sensation.
- Try adding Peppermint and Rosemary essential oils to your favorite shampoo for a cleansing, stimulating scalp massage.
- Add a few drops of Peppermint, Lemon, and Lavender essential oils to a spray bottle with distilled water for a refreshing room and linen spray.

## Ingredients

Peppermint (*Mentha piperita*)<sup>†</sup> leaf oil

<sup>†</sup>100% pure, therapeutic-grade essential oil



## Directions

- Use Peppermint neat or dilute with V-6™ Vegetable Oil Complex and apply topically.
- Diffuse up to 10 minutes 3 times daily.

## Caution

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Not intended for use with infants.

## We Also Love

- Ginger Essential Oil
- Fennel Essential Oil
- Ocotea Essential Oil
- Aroma Siez™ Essential Oil Blend
- Brain Power™ Essential Oil Blend
- Clarity™ Essential Oil Blend
- DiGize™ Essential Oil Blend
- M-Grain™ Essential Oil Blend
- PanAway® Essential Oil Blend
- R.C.™ Essential Oil Blend
- Raven™ Essential Oil Blend
- Ortho Sport® Massage Oil
- Cool Azul® Sports Gel
- Essentialzymes-4™

## Fun Facts

- The term “mint” is derived from the Greek name “Minthe,” a mythological nymph who was transformed into a plant by the goddess Persephone after she learned of her husband Pluto’s love for Minthe.
- Ancient Romans and Greeks used to adorn themselves in crowns made of peppermint.