Sweet and minty, this cousin of Peppermint has a softer aroma and is both refreshing and uplifting to the mind.

**Aromatic:** Inhale directly from bottle, diffuse, or drop onto palms and cup around nose and mouth for uplifting benefits. The aroma of Spearmint creates a sense of peace and relaxation.

**Topical:** Dilute in a 1:2 ratio with V-6™ oil and apply as desired.

**Other:** For an easy, at-home spa treatment, soak clean feet in warm water with 5–10 drops total of Spearmint, Peppermint, and Eucalyptus Globulus essential oil for up to 15 minutes. Remove from water and pat dry with a towel. Combine 1 tablespoon of cocoa butter with 5 drops each of Spearmint and Peppermint essential oil and massage into feet, focusing on the heel and ball of the foot. The tingling mint sensation will soothe away fatigue, while the cocoa butter will nourish dry skin.