

Spearmint Essential Oil



Product Details

Botanical Name: *Mentha spicata*

Country of Origin: USA

Extraction Process: Steam Distilled

Part of the Plant Used: Flowering Herb



Description: Spearmint Essential Oil has a minty, sweet aroma. The Spearmint plant is a hardy perennial herb of the mint family. Spearmint produces a sweet oil that has been used to flavor gums, teas, and candies. Although it is not as popular as its cousin Peppermint. Spearmint is still a highly sought after minty herb. The Spearmint Essential Oil is perfect for that sweet, minty aroma, and the beneficial properties of Spearmint are many. Spearmint Essential Oil is often used to diffuse during cold season, or to dilute properly and rub on the abdomen to ease digestive disorders.

Common Uses & Benefits: Spearmint has been traditionally used to help colic, stomachache, nervous fatigue, Nausea, dyspepsia, neuralgia, and muscular aches.

Therapeutic Properties: Antiseptic, Calmative, Digestive, Monoterpene, Nervine, Stimulant.

Directions: Recommended to properly blend in a carrier oil prior to topical applications. We recommend a dilution no greater than 1.7%. Patch test before use in case of sensitivity.

Blends Well With:

Lavender, Dill Weed, Peppermint, Bergamot, Fennel, Wintergreen.

Cautions: Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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