

Peppermint Essential Oil



DESCRIPTION

Peppermint (*Mentha Piperita*) is a hybrid of two mint plants, the watermint and spearmint plant. It is a fast growing plant that can propagate just about anywhere. Peppermint oil has extremely high menthol content and will sometimes crystallize. If this happens, you will need to place the bottle of peppermint oil in a bowl filled with hot water until it returns to a liquid oil state. Peppermint is used throughout many products and foods like shampoos, lotions, gum, ice cream and tea.

When peppermint oil is applied topically (always diluted first) it can create a cooling sensation. Some have used this oil to create a soothing sensation on sore muscles and for nerve pain. Peppermint oil has been a staple in the aromatherapy world and folk medicine for centuries. It is said to be used to help nausea, indigestion and headaches. Peppermint also has stimulating properties that possibly helps to awaken the mind and improve concentration.

DETAILS

Origin: India

Plant part: Herb

Botanical Name: *Mentha Piperita*

Extraction method: Steam Distilled

Blends With: [Basil](#), [Bergamot](#), [Eucalyptus](#), [Lime](#), and [Rosemary](#).

Aroma: Has a sharp, vibrant scent due to its high menthol content. Reminiscent of sweet peppermint candies but more concentrated.

THERAPEUTIC PROPERTIES

Analgesic, anesthetic, anti-bacterial, anti-fungal, anti-infectious, anti-inflammatory, anti-phlogistic, anti-pyretic, anti-septic, anti-spasmodic, anti-viral, astringent, carminative, cephalic, cholagogue, choloretic, cooling, decongestant, digestive, emmenagogue, expectorant, febrifuge, hepatic, insecticidal, insectifuge, mucolytic, nervine, neurotonic, reproductive, stimulant (circulatory, limbic, lymph, reproductive), stomachic, sudorific, uterotonic, vasoconstrictor, vermifuge, and viricide.

REPORTS

You can find the GC-MS quality report for our Peppermint essential oil by [clicking here](#).

SAFETY, STORAGE AND SHELF LIFE

Safety: Proper dilution should be followed. Dilute to 6% if using topically. Do not use with children under 7 years due to the elevated menthol content. It may cause skin irritation in some individuals. A small skin test is recommended prior to use. Avoid contact with eyes.

Storage: Always store out of direct sunlight and away from heat. If possible store in refrigeration for extended life.

Shelf Life: 48 Months

We have some additional information about [essential oil storage](#) on our blog.

ADDITIONAL INFORMATION

Bottling: Our 5ml, 10ml and 15ml bottles come with euro dropper tops. Our 30ml and 60ml bottles will come with a traditional top and a complimentary dropper with a measured glass pipette for easy measuring. The complimentary dropper should not be used while storing the essential oil.