

## **PEPPERMINT**

*Mentha piperita*

Cooling relief

<b>Source:</b>	Australia
<b>Extraction:</b>	Steam distilled from partially dried flowering herb.
<b>Blending Factor:</b>	1
<b>Odour Note:</b>	Top

### **Characteristics:**

Peppermint is a pale yellow/olive liquid with fresh, penetrating and invigorating peppery, grassy/mint odour.

### **Safety Precautions:**

**Do not use during pregnancy,** lactation and on children less than 3 years. Nontoxic and non-irritating although may occasionally cause sensitising effects. Do not use more than 2 drops in the bath as it can be sensitive to the skin.

### **History:**

A sample of mint was found in an Egyptian tomb dating back 1000 to 300 BC. Peppermint was first identified in the 17th century and was cultivated and used medicinally from the mid 18th century. To maintain the pungency of the flavour and fragrance, true peppermint cannot be cultivated in the same soil for more than two years. The oil is maintained in the *British Pharmacopoeia* for intestinal complaints.

### **Therapeutic Actions:**

Analgesic, anti-inflammatory, antiseptic, carminative, cephalic, cordial, digestive stimulant and tonic, general tonic, hepatic, nervine, stomachic, vasoconstrictor, vermifuge

### **Enhances:**

Clear thinking, concentration, direction, self confidence, sensuality, vitality, refreshing, invigorating, improves concentration, nerve tonic, and clarifies the mind.

### **Reduces:**

Apathy, burn out, colds and flu, headaches, hysteria, lethargy, nausea, shock

### **Uses:**

<b>Respiratory system:</b>	Cold symptoms, sinus
<b>Nervous system:</b>	Headache, study aid, fatigue and depression
<b>Digestive system:</b>	Nausea, indigestion
<b>Circulation, Muscles &amp; Joints:</b>	Muscular pain, neuralgia

### **Methods for use:**

#### **Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential

oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

**Bath**

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

**Vaporiser**

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

**Footbaths**

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

**Blends well with:**

Bergamot, Citrus Oils, Cedarwood, Clary Sage, Cypress, Eucalyptus, Geranium, Jasmine, Lavender, Marjoram, Neroli, Palmarosa, Pine, Rosemary, Rosewood, Sandalwood, Tea Tree and Ylang Ylang.

<b>Headache Ease</b>		<b>Lymphatic Stimulant</b>		<b>Digestive</b>	
Peppermint	1	Peppermint	1	Peppermint	1
Lavender	6	Orange	5	Ginger	2
Marjoram	3	Rosemary	4	Lavender	7
Total drops	10	Total drops	10	Total Drops	10
In Carrier	20 ml	In Carrier Oil	20 ml	Carrier	20 ml