



Peppermint

MENTHA X PIPERITA

Peppermint has long been credited as being useful in combating stomach ailments, soothing the digestive system. Great for headaches, travel sickness, and jet lag.

COUNTRY OF ORIGIN

United States, Europe, and China

EXTRACTION METHOD

Steam Distillation

PLANT PART

Leaves and Flowering Tops

BOTANICAL FAMILY

Lamiaceae (Labiatae)

CHEMICAL FAMILY

Monoterpenes, Monoterpenols, Ketones, Esters, Oxides

AROMA

Fresh, Minty

NOTE

Top-Middle

SAFETY

- Possible skin sensitivity, due to its high menthol content.
- Use in moderation with a carrier oil or lotion for sensitive skin areas such as the face.
- Not compatible with homeopathic remedies.
- Not recommended for children under 30 months via inhalation.

Use in low dilution when applying on the face or sensitive skin.

THERAPEUTIC PROPERTIES

ANTIMICROBIAL	DIGESTIVE	ANTIOXIDANT
ANTISEPTIC	HEPATIC	ANTIVIRAL
ANTISPASMODIC	STIMULANT	CARMINATIVE
ANTI-INFLAMMATORY	NERVINE	COOLING
ANALGESIC	VASOCONSTRICTOR	DECONGESTANT
BACTERICIDAL	VERMIFUGE	EXPECTORANT
IMMUNOSTIMULANT	ANTIEMETIC	FEBRIFUGE
EXPECTORANT	ANTIFUNGAL	

BODY SYSTEMS

DIGESTIVE

CRAVINGS, CRAMPS, DIARRHEA & NAUSEA

ENDOCRINE

HOT FLASHES

IMMUNE

FEVERS

INTEGUMENTARY

ALLERGIES & HIVES

LIMBIC

STRESS, ALERTNESS & MENTAL FATIGUE



BODY SYSTEMS (CONT.)

NERVOUS

AUTISM

RESPIRATORY

ASTHMA, PNEUMONIA & BRONCHITIS

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