



Name	Latin Name	Origin
Peppermint	Mentha x piperita	England
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$12	
Part of plant	Safety note	Conservation Status
Leaves	<p>May cause skin or mucous membrane irritation. A maximum of 1-2% dilution for topical use is recommended. avoid using with children under five years—can be neurotoxic when applied near the face. Contraindicated in case of cardiac fibrillation and for G6Pd deficiency. There is a perception that menthol-rich oils can potentially affect blood clotting, but according to robert tisserand, it is not sufficient to be cautioned against anticoagulant medication.</p>	<p>No status of concern Not listed with a conservation status.</p>

Profile	Therapeutic Properties
•Monoterpenol rich	<ul style="list-style-type: none"> • Analgesic • Anti-inflammatory • Antibacterial • Antiemetic • Antifungal • Antioxidant • Antispasmodic • Antiviral • Astringent • Carminative • Circulatory stimulant • CNS (central nervous system) sedative • Cooling • Decongestant • Expectorant • Febrifuge • Immunostimulant • Liver support/protector • Detoxifying the skin and clearing out congestion. • Stimulating to the circulatory system. • Cool compresses for nausea, headaches, and travel sickness. • Reducing acute, hot pain. • Clear the head and stimulates motivation.

- Emotionally awakens and refreshes the senses, often helping to promote self-confidence and stimulate new ideas and creativity.

Synergy

Energetics

Scent Notes

Psychological rankings

Physical rankings

Top middle

Energising

3 Circulatory/Lymphatic 1

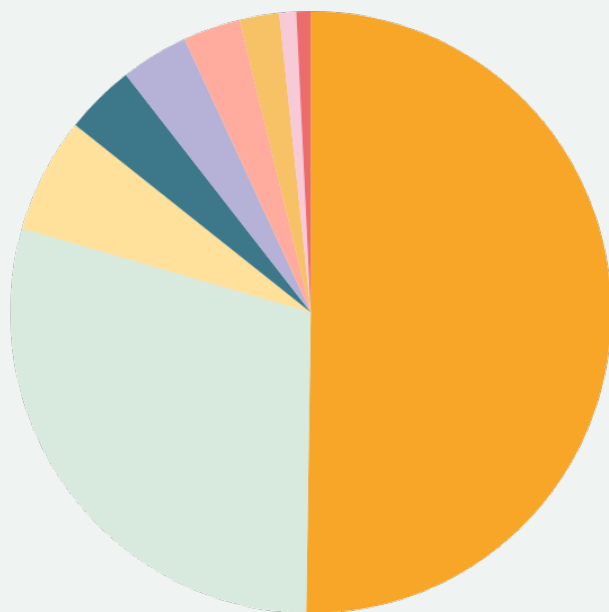
Digestive 3

Neurological 3

Respiratory 2

Skin 1

Ingredient notes



Chemical families

monoterpenols	50.38%
ketones	29.34%
monoterpenes	6.2%
oxides	3.79%
esters	3.65%
others	3.1%
sesquiterpenes	2.14%
alkanes	0.91%
sesquiterpenols	0.77%

Complete chemical breakdown

monoterpenols

menthol	50.38%
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monoterpenes

limonene	2.5%
e-ocimene	1.22%
b-pinene	0.93%
z-ocimene	0.88%
α-pinene	0.67%

esters

menthyl acetate	3.65%
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ketones

menthone	26.32%
isomenthone	3.02%

oxides

1,8 cineole	3.79%
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others

(+)-isomenthol	1.23%
2-cyclohexen-1-one,3-methyl-6-etc	0.97%

sesquiterpenes

germacrene d 1.51%

b-caryophyllene 0.63%

sesquiterpenols

viridiflorol 0.77%

alkanes

octan-3-ol 0.91%
