



Name	Latin Name	Origin
Spearmint	Mentha Spicata	India
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$13	
Part of plant	Safety note	Conservation Status
Leaves	May not be compatible with homeopathic treatment. (-)- carvone has been associated with skin sensitization and may present a moderate risk. Use at a lower percentage and always with a carrier if used on the skin.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> <li>• Ketone rich</li> </ul>	<ul style="list-style-type: none"> <li>• Analgesic</li> <li>• Anti-inflammatory</li> <li>• Antioxidant</li> <li>• Antibacterial</li> <li>• Antifungal</li> <li>• Antimicrobial</li> <li>• Antispasmodic</li> <li>• Astringent</li> <li>• Decongestant</li> <li>• Expectorant</li> <li>• Digestive aid</li> <li>• Relieve itching and allergic caused rashes</li> <li>• Lung support</li> <li>• Emotionally spearmint essential oil refreshes and awakens.</li> <li>• This essential oil can help stimulate mental clarity and support a positive outlook on life.</li> </ul>

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy</p> <p>l-Carvone (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antispasmodic, antitumoral, anxiolytic, calming, hepatoprotective, sedative - but not with prolonged inhalation, which increases pulse, SBP and DBP, and causes restlessness).</p>	

1st essential oil synergy combinations

l-Carvone does not occur in any other commonly used essential oil.

#### 2nd component synergy

d-Limonene,  $\beta$ -myrcene (analgesic, anti-inflammatory, antinociceptive, antiobesity, antioxidant, antitumoral, anxiolytic, hepatoprotective, immunostimulant, sedative, skin penetration enhancer, stimulant of autophagy, vasorelaxant).

#### 1st essential oil synergy combinations

bergamot, bergamot mint, elemi, grapefruit, lemon, lime, mandarin, palo santo, sweet orange, yuzu.

#### 2nd essential oil synergy combinations

angelica root, black pepper, cape may, combava peel, dwarf pine, hops, juniperberry, lemongrass, Norwegian spruce, red pine, rosemary ct myrcene.

#### Potential psychological therapeutic solutions

Anxiety: bergamot, bergamot mint, combava peel, dwarf pine, elemi, lemongrass, lime, mandarin, sweet orange, yuzu.

#### Potential psychological therapeutic solutions

Digestive cramp and spasm: angelica root, black pepper, fennel, ginger, lime, sweet orange

Musculoskeletal inflammation with 'heat', pain: bergamot mint, elemi, geranium, grapefruit, hops, juniperberry, lemongrass, Norwegian spruce, palo santo, rosemary ct myrcene

Respiratory congestion: Dwarf pine, lemon, Norwegian spruce, red pine

#### References

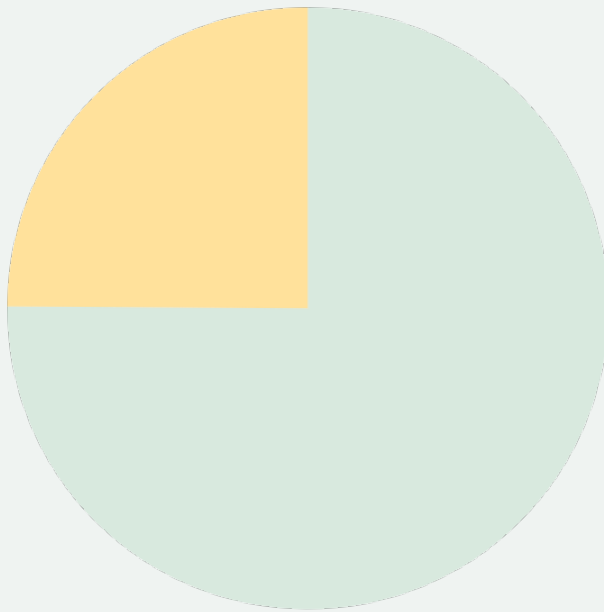
Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon

Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings	
Top middle	Energising	2	Circulatory/Lymphatic 1
			Digestive 3
			Immune/Infection 1
			Respiratory 1

#### Ingredient notes

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**Chemical families**

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ketones	60.5%
monoterpenes	20.06%

**Complete chemical breakdown**

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**ketones**

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carvone	60.5%
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**monoterpenes**

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L-limonene	20.06%
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