

Spearmint

MENTHA SPICATA

Spearmint, the milder parent of Peppermint, is widely used in toothpaste and candy.

COUNTRY OF ORIGIN

India

EXTRACTION METHOD

Steam Distillation

PLANT PART

Leaves

BOTANICAL FAMILY

Lamiaceae (Labiatae)

CHEMICAL FAMILY

Ketones, Monoterpenes, Alcohols, Sesquiterpenes, Esters

AROMA

Fresh, Minty, Sweet

NOTE

Top

SAFETY

- May cause dermal irritation or sensitization reaction if oxidized.
- Avoid use if you have epilepsy and Parkinson's disease.

Generally, non-toxic. Safe to use during pregnancy in moderation and low dilution. Avoid use if you have epilepsy and Parkinson's disease. May cause skin irritation or sensitization if the oil has oxidized. Use at least 3% - 50% dilution.

THERAPEUTIC PROPERTIES

The oil is energizing and refreshing.

ANALGESIC	ANESTHETIC	ANTIBACTERIAL
ANTI-INFLAMMATORY	ANTISPASMODIC	ANTISEPTIC
ANTICONVULSIVE	ANTINEURALGIC	ANTI-ANXIETY
STIMULANT	ANTIDEPRESSANT	NERVINE

BODY SYSTEMS

DIGESTIVE

HEARTBURN & REFLUX

INTEGUMENTARY

ACNE, SORES, AND SCARS.

LIMBIC

STRESS & MENTAL FATIGUE

LYMPHATIC

DETOX & CLEANSING

MUSCULAR

MUSCULAR PAIN



BODY SYSTEMS (CONT.)

REPRODUCTIVE

MENSTRUATION PAIN

RESPIRATORY

DECONGESTANT, BRONCHITIS & BAD BREATH

SKELETAL

GOUT, RHEUMATISM & ARTHRITIS

URINARY

CYSTITIS

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