

PEPPERMINT



About Peppermint

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753. A high menthol content - like that found in the doTERRA peppermint essential oil - distinguishes the best quality peppermint from other products. Frequently used in toothpaste and chewing gum for oral hygiene, peppermint also helps alleviate occasional stomach upset and promotes healthy respiratory function when taken internally.* Peppermint continues to be one of the best-selling favorites among doTERRA essential oils.



Primary Benefits

- When ingested, promotes healthy respiratory function and clear breathing*
- Promotes digestive health when taken internally*
- Repels bugs naturally

Uses

- Use a drop of peppermint with lemon in water for a healthy, refreshing mouth rinse.
- Take one to two drops in a veggie capsule to help alleviate occasional stomach upset.*
- Add a drop of your favorite smoothie recipe for a refreshing twist.
- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense and inhale for a midday pick-me-up.

Directions For Use

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: dilute one drop in 4fl. Oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize skin sensitivity