

# Peppermint

**Common Name:** Peppermint  
**Botanical Name:** Mentha piperita

**Origin:** North America  
**Parts Used:** leaves, stems, flower buds  
**Extraction Method:** Steam Distillation



**Fragrance:** minty, sharp, intense

**Blends well with:** basil, eucalyptus, geranium, grapefruit, juniper, lavender, lemon, myrrh, pine, rosemary, spearmint, tea tree, and wintergreen

**Aromatic Benefits:** stimulating

**Physical Uses:** apathy, arthritis, asthma, bad breath, back pain, bowel disorders, bronchitis, colds and flu, coughs, cramps, faintness, fatigue, digestive problems, headaches, mental exhaustion, migraine, mouth or gum infections, muscular pain, nausea, poor circulation, sinus congestion, shock, sunburn, tired feet, and travel sickness

**Safety Data:** avoid if pregnant or breast feeding. Do not use on babies or small children (under are of 2). May cause irritation to the skin. Do not use in baths. Do not use along with homeopathic or Bach flowers. Use with caution if dealing with high blood pressure.

**FYI:** although peppermint is a mint can be very spicy and burn the skin. Always dilute peppermint with a carrier oil before applying.

## Recipe:

### Memory Aid

12 drops Lemon oil  
6 drops Pink Grapefruit oil  
8 drops Rosemary oil  
4 drops Peppermint oil

Combine all ingredients in a roller bottle with enough carrier oil to fill the bottle. Close, and pounce up and down on the palm of your hand 100 times to mix together.

Apply to temples, forehead, and pulse points.

### Fun Fact:

Peppermint is great for the digestion. That is why many restaurants would give you an after dinner mint when you were done eating.



**For educational purposes only. This information is not intended to diagnose, treat or cure any disease.**