

# Spearmint Essential Oil

## Botanical Name

Mentha spicata

## Strength of Initial Aroma

Medium

## Aromatic Description

Sweet fresh minty aroma somewhat less intense than peppermint.

## Blends Well With

Citrus, evergreen, herbaceous, light floral and other mint aromas

## Spearmint Essential Oil Uses

- Milder substitute for peppermint
- Mentally stimulating
- Stress and Nervous Tension
- Aid in concentration
- Fight fatigue and jet lag
- Asthma
- Exhaustion
- Fever
- Flatulence

- Headache
- Nausea
- Cramping
- Indigestion
- Scabies
- Vertigo

Sources: [www.aromaweb.com](http://www.aromaweb.com) Spearmint EO Monograph, [www.healthline.com](http://www.healthline.com)

### Spearmint Essential Oil Safety Information

*Tisserand and Young report that Spearmint Essential Oil is a potential mucous membrane irritant. They also caution that there is a low risk of skin sensitization and recommend a dermal maximum of 1.7%. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 427-248.]*

*Not safe for ages 12 and under or while pregnant or nursing.*

As cited per [www.aromaweb.com](http://www.aromaweb.com) Spearmint EO Monograph

Other sources: [www.healthline.com](http://www.healthline.com)

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete

and although we do our best to research our ingredients it is not guaranteed to be fully accurate.

*kid friendly over 12*