

# Peppermint Essential Oil

## Botanical Name

Mentha piperita

## Strength of Initial Aroma

Intense

## Aromatic Description

Intense grassy minty aroma

## Blends Well With

Floral, Citrus, Herbal and Resinous Oils

## Peppermint Essential Oil Uses

- Fragrance
- Mental Alertness and Stimulation
- Increases Focus and Memory
- Asthma
- Colic
- Exhaustion
- Flu
- Digestion
- Flatulence

kid friendly 12 and older

- Headache
- Muscle Aches and Pains
- Nausea
- Scabies
- Sinusitis
- Vertigo

Sources: [www.aromaweb.com](http://www.aromaweb.com) Peppermint EO Monograph

### Peppermint Essential Oil Safety Information

*Tisserand and Young confirm that it is low risk as a mucous membrane irritant. Peppermint Oil is choleric and can pose a risk of neurotoxicity. They recommend a maximum dermal use level of 5.4% and state that it should be avoided in instance of cardiac fibrillation and by those with a G6PD deficiency. Do not apply near the face of infants/children. Essential Oil Safety is recommended reading for more complete information. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 387.]*

*This essential oil poses a higher risk of causing irritation and sensitization when used in the bath. Avoid using it in the bath, even if it is solubilized/diluted.*

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

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

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