

Peppermint, (US) – *Mentha piperita***Code:** T188 **Vol:** 10ml**Country of Origin:** USA**About the oil****Distilled From:** Steam distillation from the leaves of the herb.**Aroma & appearance:** Light, refreshing, clear minty aroma. Clear in color.**Some beneficial ways of enjoying the oil:**

- To refresh tired feet, try blending 4 drops of Peppermint with 10ml of Sweet Almond and massaging this well into the feet. For maximum benefit, the feet can then be soaked in warm or cool water for 10 minutes and patted dry.
- Peppermint is a useful addition to massage blends to aid digestion. Try 2 drops of Peppermint in a teaspoon of Grapeseed oil – massage into the abdomen, using clockwise strokes.
- To refresh and awaken the senses add 3 drops each of Peppermint and Grapefruit oil to the water of and oil burner or diffuser.

North America has become the world's largest producer of this oil, which is steam distilled from the leaves of the familiar, fast-growing herb. Most of the production goes into confectionery and toiletries and toothpaste – its sweet, cooling aroma is familiar to all of us. The American crops are descendants of the highest quality peppermint – Mitcham oil, which is only produced in small quantities in the UK (Absolute Aromas also stocks an English Peppermint). Because of the size of its crop, the USA has avoided the frequent adulteration of Peppermint oil, which occurs elsewhere in the world.

US Peppermint can be used in exactly the same way as English Peppermint. Its aroma is lighter, less pungent and more familiar; some people prefer it.

Did you know?

It is told that the Greeks and Romans crowned themselves with peppermint at their feasts.

Key Search words: Stimulating, invigorating, clearing, everyday aches and pains.**Safety Data**

Peppermint should not be used during early pregnancy.
