

## Peppermint Leaf

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This perennial herb is from the *Labiatae* family. Peppermint contains the vitamins A, C, and E, as well as magnesium, potassium, inositol, niacin, choline, copper, iodine, silicon, iron, and sulfur. The oil contains menthol, menthone, menthyl aletate, menthofuran, and limonene. It also has viridifloral (which is an antibiotic), pulegone, piperitone, bicycloelemene (also an antibiotic), tocopherols, carotenoids, betaine, azulenes, rosmariinic acid, and tannin.

It is an excellent herb to use for cleaning out the entire system, including the nerves. It helps send extra oxygen into the blood stream, giving the user a feeling of heightened energy.

### Usage

- May be used with carriers, scrubs, hydrotherapy, and body wraps. Usage depends on service