

## **Spearmint Leaf**

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Spearmint Leaf is not considered an herb by the Holistic Therapy Association, but is still considered highly nourishing for the skin. Spearmint is an excellent source of vitamin C and A. It contains vitamin B complex, calcium, and magnesium. It is known to relieve stress and reduce fatigue.

### **Usage**

- ❑ May be used with carrier oils, scrubs, and for hydrotherapy treatments and body wraps.
- ❑ Amount varies depending on treatment.