

## Spearmint – *Mentha spicata*

**Code:** T214      **Vol:** 10ml

**Country of Origin:** USA

### About the oil

**Distilled From:** Steam distillation of the fresh flowering tops of the herb.

**Aroma & appearance:** Sweet, smooth, clear aroma. Clear in color.

#### Some beneficial ways of enjoying the oil:

- To keep a clear head, try 2 drops of Spearmint, 1 drop of Rosemary and 1 drop of Eucalyptus in a burner or diffuser. The same essential oils are ideal for use in the car - Absolute Aromas stocks AromAbout, a car aromatherapy diffuser. Alternatively, place the drops of essential oil onto cotton wool and leave in the car.
- For a refreshing bath, put 3 drops of spearmint, 1 drop each of lemon and lime in 10ml of sweet almond oil, swirl into the warm water and experience the cleansing aroma.

It has since found new favour in Europe but the USA is still both the main producer and consumer.

#### Did you know?

Originally from Europe, this plant was introduced to the USA and almost immediately became popular with the American public as an alternative to Peppermint for toothpaste, chewing gum, etc. Spearmint essential oil can be used wherever Peppermint would be used and is believed to have a less powerful effect, perhaps making it more suitable for children, the elderly, etc.

**Key Search words:** Clearing, warming, stimulating.

#### Safety Data

Avoid use during the first three months of pregnancy, may irritate sensitive skin.

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