



Spearmint Essential Oil

DESCRIPTION: Brighten up with the gentle and fresh aroma of spearmint. Milder than peppermint, diffuse it to uplift mood and to encourage focus.

TOP AROMATHERAPY BENEFITS: rejuvenate • focus • uplift

AROMA: Minty & Fresh

BLENDS WITH: Lavender, Rosemary, Ylang Ylang

INGREDIENTS: Mentha viridis (spearmint) leaf oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a rejuvenating and uplifting aromatherapy experience.

Personal Perfume

Combine with a carrier oil and your favorite citrus oil to create a mild signature perfume.

Upholstery Refresher

Add this milder mint to a spray bottle of water and spritz upholstery and interiors to refresh them.

Encourage Relaxation

Add to carrier oil and apply to temples and/or neck to encourage relaxation when feeling tension or stress.

Combine with a carrier oil and apply to pressure points or belly to encourage relaxation

Shower Boost

Spritz spearmint oil and water into the floor of the shower and enjoy the uplifting aroma first thing in the morning.

Deodorize

Spritz into a gym bag or athletic shoes to deodorize.

Feel Relaxed

Diffuse at bedtime or after a stressful day to encourage relaxation and instill calmness.

Healthy Eating Habits

Dilute and apply to pulse points for encouragement when trying to eat healthy.

Cleanse Body Odor

Add a few drops to a warm bath for a odor-cleansing soak.

Natural Pick-Me-Up

Diffuse or dilute and use topically when experiencing mental fatigue or needing a boost.

Study Aid

Diffuse to encourage focus while studying.

Feminine Support

Diffuse before or during menstruation for a sense of well-being and comfort.

DIY AROMATHERAPY BLENDS:

Be Alert: Spearmint + Rosemary

Calm & Cool: Spearmint + Lavender + Lemongrass

Cleanse the Air: Spearmint + Basil + Eucalyptus

Energy Boost: Spearmint + Lemongrass + Orange

Falling Snow: Spearmint + Canadian Fir + Clove

Feel Refreshed: Spearmint + Bergamot + Eucalyptus

Fresh Air: Spearmint + Canadian Fir + Eucalyptus

Hot & Cool: Spearmint + Cinnamon

Winter: Spearmint + Canadian Fir + Peppermint

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute 1 drop per 2 teaspoons of carrier oil to use topically.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.