



Information Sheet – Peppermint Oil

Essential oil of Peppermint promotes overall physical and emotional wellbeing, although its healing properties are primarily associated with the digestive system. It has a light, clean, refreshing aroma and is a good insect repellent.

Properties, effects and methods of use:

Emotional

Stimulating and strengthening: uplifts the system and is especially useful in the treatment of shock: helpful for neuralgia and relief of general debility, headaches and migraines. Used in inhalations, baths or application.

Respiratory

Antiseptic and antispasmodic; effective in reducing mucus and relieving coughs, sinusitis, throat infections, colds, flu, asthma and bronchitis. Used in inhalations, baths or application.

Skin

Cooling and cleansing, soothes itchy skin (see caution below); relieves inflammation and congestion. Used in baths or application.

Digestive

Soothing and antispasmodic; relieves acidity, heartburn, diarrhoea, indigestion and flatulence: also highly effective for travel sickness and nausea: helps to combat bad breath. Used in gargles or applications.

Gynaecological

Cooling and decongestant; encourages menstrual regularity: relieves hot flushes. Used in baths, application or massage

Caution:

Too concentrated a dose of Peppermint oil can cause itchiness

Keep to recommended dilutions.

Keep your eyes closed when inhaling.

Avoid use if you suffer from epilepsy or other neural disorders.

Oils should be diluted before use.