

Discover...

Peppermint

Mentha piperita

Food Grade, Steam Distilled

Invigorating, Refreshing, Rejuvenating

Powerful, minty scent and flavor, that improves focus and concentration, adds great flavor to favorite recipes, and has many therapeutic benefits.

One of the earliest known mentions of peppermint dates back to the first century A.D., when Roman author Pliny the elder wrote that the Greeks and Romans used it as both a flavoring in food and wines and a decorative plant to make ornamental crowns worn at feasts. It's since been used in everything from candies and teas to mouthwashes, toothpastes, and skincare products. Peppermint oil's high concentration of menthol creates a cooling sensation when applied topically, which has made it popular in many products designed to reduce pain and inflammation. Interestingly, peppermint is actually a hybrid of spearmint and watermint, but the species crossed naturally in the wild at some unknown point, and now peppermint has naturalized in many parts of the world, growing and spreading easily. Aside from its widely appreciated flavor, it has added therapeutic benefits, such as easing nausea and stomach aches, stimulating the senses, alleviating headaches, relieving congestion, and even combating dandruff when added to shampoo. It has natural qualities that repel pests, spiders in particular, so can be a good addition to homemade bug repellants. The scent of peppermint can heighten energy, focus, and memory recall, as well as possibly improving overall cognitive ability.

Topically*: *Add to foot creams, body butters, and soaks for a cooling sensation; dab on the temples to decrease sinus pressure and tension headaches*

Aromatically: *Inhale peppermint to stimulate memory and focus; diffuse with your favorite citrus oil for a powerful punch of energy*

Blends well with...

Lemon or Orange for a stimulating energy boost

Lavender and Eucalyptus to relieve headaches, sinus pressure, and congestion

Rosemary for a skin and hair rejuvenator

More Tips & Common Uses: *Add a drop of peppermint to a glass of cold water to curb appetite, freshen breath, and boost energy; Make a peppermint foot scrub to cool achy feet; Add to any of our great recipes for hand creams, lotions, body butters and more!*

As a Flavor: *LorAnn's pure peppermint is a gluten-free, food grade oil that can be used (very sparingly) as a great flavor enhancement. Add to any of your favorite recipes for a minty taste - great in candies and blends especially well with chocolate; add a drop to hot and cold tea or hot cocoa. Can also aid digestion when added to water, and is a quick way to help relieve bloating or other stomach upsets.*

* Pure essential oils are very potent. We strongly recommend diluting them when applying topically to avoid any potential skin sensitivities. Please refer to our Essential Oil Safety Guidelines for more information.

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