

# doTERRA Peppermint

Mentha X piperita Herb Oil Essential 1 mL/mL

doTERRA  
AUSTRALIA & NEW ZEALAND



Steam Distilled

## BENEFITS — BOTH SIDES OF THE BOTTLE — GLOBAL BENEFITS

**CP TG** Certified Pure Tested Grade®

**Peppermint oil**, has been traditionally used in aromatherapy to reduce cough, support mental function and help relieve the symptoms of mild tension or headache.

**Peppermint essential oil** is a popular favourite among doTERRA® essential oils.

AUST L 332583 - Therapeutic Range  
SOURCED in USA | SKU: 60209189



doTERRA  
**cō·impact**  
SOURCING

doTERRA  
**healing hands**  
FOUNDED BY AUSTRALIA & NEW ZEALAND

In addition to supplying the highest quality essential oils doTERRA® is committed to making a positive difference in the lives of farmers, harvesters, and distillers who contribute to doTERRA's oil production.

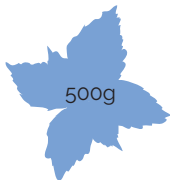
[sourcetoyou.com](http://sourcetoyou.com)

Caution: ADULTS ONLY. KEEP OUT OF REACH OF CHILDREN. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL.

## WHAT IT TAKES TO MAKE A BOTTLE



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It takes 500 grams of peppermint plant matter to produce 15mL of **Peppermint essential oil**.

The best time to harvest and collect the oil is on a sunny day as flowering is just beginning, this is when menthol is at its peak.

## TO TRY

**Peppermint essential oil for inhalation use only**

Add 0.18 - 0.24mL oil (3-4 drops) in a vaporiser of hot water and inhale deeply. Alternatively, add 0.3mL (5 drops) onto a tissue, hold near the nose and inhale. Use up to 3 times a day.

## RECOMMENDATION OF USE

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## BLENDS WELL WITH



AUSTRALIA & NEW ZEALAND  
dōTERRA

CONTACT DETAILS

dōTERRA®  
**Peppermint** Essential Oil

