

# PEPPERMINT

## MENTHA PIPERITA

Country of Origin: France

Steam Distilled from whole plant

Peppermint (*Mentha piperita*) is a steam-distilled oil drawn from the whole plant, valued for its intensely fresh aroma and its strong affinity for the nervous system, digestion, and respiratory function. Naturally rich in menthol and menthone, it carries a cooling, activating character and is known for sharpening mental focus, easing digestive discomfort, and promoting clear, open breathing.

Its aroma is crisp, penetrating, and distinctly minty with a cooling intensity that immediately stimulates the senses. It is often used when the body feels sluggish, the mind is fatigued, or when there is a need to move stagnation, whether in digestion, respiration, or mental clarity.

In both aromatic and traditional use, peppermint has been regarded as a stimulating and mobilizing oil supporting alertness, circulation, and the movement of fluids and energy throughout the system. It works by cooling and activating at the same time, helping restore clarity, comfort, and responsiveness without heaviness.

## FUNCTIONAL CONSTITUENTS

<b>Menthol</b>	The dominant monoterpene alcohol in peppermint, menthol is responsible for its intense cooling sensation. It is strongly associated with analgesic effects, respiratory support, and helping relax smooth muscle while promoting clear, open breathing.
<b>Menthone</b>	A ketone that supports the oil's sharp, minty character. Menthone is known for its role in digestive support, helping ease discomfort, reduce nausea, and encourage proper gastrointestinal function.
<b>1,8-Cineole (Eucalyptol)</b>	Present in smaller amounts, this oxide contributes to peppermint's clearing effect. It is associated with supporting respiratory function and helping move mucus through the system.
<b>Clinical Studies:</b>	<a href="https://pubmed.ncbi.nlm.nih.gov/31470006/">https://pubmed.ncbi.nlm.nih.gov/31470006/</a> <a href="https://pubmed.ncbi.nlm.nih.gov/35994817/">https://pubmed.ncbi.nlm.nih.gov/35994817/</a> <a href="https://pubmed.ncbi.nlm.nih.gov/36994979/">https://pubmed.ncbi.nlm.nih.gov/36994979/</a>



## HOW WE SOURCE

Peppermint oil is shaped by the growing conditions and the quality of the plant material at harvest. We look for *Mentha piperita* cultivated in France, where climate, soil, and traditional cultivation practices consistently produce oil with a higher menthol content and a cleaner, more balanced aromatic profile.

The whole plant is harvested at peak maturity, then steam distilled to preserve its volatile compounds. Because peppermint is valued for both intensity and clarity, careful timing and controlled distillation are essential. We look for oil that is crisp, cooling, and sharply defined with a smooth, well-rounded aromatic profile, never harsh, overly sweet, or uneven in character.

## OUR PEPPERMINT IS:

- ✓ Steam distilled from the whole plant
- ✓ Unrefined and not standardized
- ✓ Sourced from France for superior quality
- ✓ Naturally high in menthol
- ✓ Crisp, cooling, and sharply defined

We look for oil that delivers a clean, penetrating mint profile with a smooth, controlled finish. An indicator of proper cultivation and careful distillation. Harsh, overly sweet, or imbalanced oil signals poor quality or inferior growing conditions, and we avoid it.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Steam distilled\*
- Crisp, fresh mint aroma\*
- Strong cooling sensation\*
- Clean, sharply defined profile\*
- Stored in dark glass\*

### Avoid:

- Solvent extracted\*
- Harsh or medicinal scent\*
- Flat or muted aroma\*
- Adulterated/extended oil\*
- Clear or plastic packaging\*

## HOW TO USE PEPPERMINT

Peppermint is commonly used when the goal is sharpening focus, easing digestive discomfort, and supporting clear, open breathing. It fits into aromatic, topical, and internal routines.

### Aromatic

Diffuse 2–4 drops or inhale directly. Often used to increase alertness and reduce mental fatigue.\*

### Topical

Dilute with a carrier oil and apply to temples, neck, or muscles. Commonly used to ease tension, provide a cooling effect, and support comfort.\*

### Internal

Add 1 drop to water or tea. Often used to support digestion and reduce nausea or bloating.\*

### Inhalation

Inhale from palms or a tissue. Often used to support respiratory clarity and promote a refreshed, open feeling.\*

## WHAT IT SUPPORTS

Peppermint is traditionally used when the goal is increasing clarity, easing discomfort, and restoring movement in the body and mind. It supports:

- Mental clarity, focus, and alertness\*
- Digestive comfort and reduction of nausea\*
- Respiratory clarity and open breathing\*
- Relief of tension and muscular discomfort\*
- A cooling, refreshing, and responsive state\*

Used consistently, peppermint helps the system feel clearer, lighter, and more activated, supporting focus, digestion, and overall functional movement.

## PEPPERMINT IN THE STILLROOM

Peppermint has long been kept in the stillroom as a cooling, activating oil to be used when the system feels sluggish, overheated, or mentally fatigued. Distilled from the whole plant of *Mentha piperita*, it is closely associated with stimulating clarity, easing digestive discomfort, and opening the breath.

It is often reached for during periods of low focus, nausea, or when the body needs help moving stagnation in digestion or respiration. This is not a soft or background oil. It works with immediacy, cooling and activating at the same time to restore alertness and functional movement. Used in small amounts, it supports a more responsive, energized state without heaviness or buildup.

## MORE WAYS TO USE PEPPERMINT

### Cooling Head Tension Blend

Dilute and apply to temples or back of neck. Commonly used to relieve pressure and promote a clear, refreshed head space.\*

### Post-Meal Support

Inhale or add 1 drop to warm water after eating. Often used to ease fullness and support smoother digestion.\*

### Pre-Workout Boost

Inhale from palms before activity. Commonly used to increase alertness and energize the body.\*

### Foot Cooling Application

Dilute and apply to soles of feet. Often used to help regulate heat and create a cooling effect throughout the body.\*

### Shower Steam Refresh

Add 1–2 drops to the shower floor. Steam releases the aroma to open the airways and awaken the senses.\*

## CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

