

SPEARMINT

MENTHA SPICATA

Country of Origin: USA

Steam Distilled from leaves and flowering tops

Spearmint (*Mentha spicata*) is a steam-distilled oil drawn from the leaves and flowering tops, valued for its softer, sweeter aroma and its balanced effect on the nervous and digestive systems. Naturally rich in carvone rather than menthol, it carries a milder, more approachable character known for easing digestive discomfort, calming tension, and supporting mental clarity without overstimulation.

Its aroma is fresh, green, and lightly sweet with a smooth mint profile that feels uplifting yet relaxed. It is often used when the system needs support without intensity, particularly in cases of nausea, mild respiratory congestion, or mental fatigue where a gentler approach is preferred.

In both aromatic and traditional use, spearmint has been regarded as a balancing and refreshing oil supporting digestion, emotional ease, and overall system comfort. It works by encouraging movement and clarity while maintaining a calm, steady baseline, making it especially useful when stimulation needs to be controlled rather than amplified.

FUNCTIONAL CONSTITUENTS

Carvone (L-Carvone)	The dominant ketone in spearmint, carvone gives the oil its sweet, recognizable mint aroma. It is strongly associated with digestive support, helping ease nausea, reduce gas, and support smooth gastrointestinal function.
Dihydrocarvone	A related ketone that reinforces the oil's soft mint character. It contributes to spearmint's calming, antispasmodic effects, supporting both digestive comfort and gentle relaxation.
Phellandrene	A monoterpene that adds a light, fresh lift to the profile. It is associated with supporting respiratory function and contributing mild antimicrobial and refreshing properties.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC7936090/ https://pmc.ncbi.nlm.nih.gov/articles/PMC9019422/ https://pubmed.ncbi.nlm.nih.gov/28107842/



HOW WE SOURCE

Spearmint oil is shaped by the quality of the leaves and flowering tops and the conditions in which they are grown. We look for *Mentha spicata* cultivated in temperate regions, such as the United States, where the plant develops a balanced carvone profile and a softer, more approachable aromatic character.

The leaves and flowering tops are harvested at peak maturity, then steam distilled to preserve their volatile compounds. Because spearmint is valued for its smoothness and clarity rather than intensity, careful timing and controlled distillation are essential. We look for oil that is fresh, green, and lightly sweet with a clean, rounded mint profile, never harsh, overly sharp, or lacking softness.

OUR SPEARMINT IS:

- ✓ Steam distilled from leaves and flowering tops
- ✓ Unrefined and not standardized
- ✓ Naturally high in carvone
- ✓ Sourced from the United States
- ✓ Fresh, green, and softly sweet

We look for oil that carries a smooth, rounded mint profile with gentle sweetness, an indicator of proper harvest timing and balanced carvone content. Harsh, overly sharp, or flat oil signals poor handling or imbalance, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Fresh, green mint aroma*
- Soft, slightly sweet profile*
- Smooth, rounded finish*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Harsh or overly sharp scent*
- Flat or dull aroma*
- Adulterated/extended oil*
- Clear or plastic packaging*

HOW TO USE SPEARMINT

Spearmint is commonly used when the goal is easing digestive discomfort, refreshing the mind, and supporting a calm, balanced state without overstimulation. It fits into aromatic, topical, and internal routines.

Aromatic

Diffuse 3–5 drops or inhale directly. Often used to refresh the mind and support a calm, steady environment.*

Topical

Dilute with a carrier oil and apply to abdomen, chest, or temples. Commonly used to ease digestive discomfort and reduce tension.*

Internal

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

WHAT IT SUPPORTS

Spearmint is traditionally used when the goal is easing discomfort, supporting digestion, and maintaining a calm, balanced state without overstimulation. It supports:

- Digestive comfort and reduction of nausea*
- Relief of gas, bloating, and intestinal discomfort*
- Mild respiratory support and clearer breathing*
- Mental clarity without excess stimulation*
- A calm, steady, and comfortable state*

Used consistently, it helps the system feel lighter, more at ease, and better regulated, supporting digestion, clarity, and overall comfort.

SPEARMINT IN THE STILLROOM

Spearmint has long been kept in the stillroom as a gentle regulating oil, used when the system needs movement without intensity. Distilled from the leaves and flowering tops of *Mentha spicata*, it is closely associated with easing digestive discomfort, calming tension, and supporting a more comfortable, steady state.

It is often reached for when nausea lingers, the mind feels fatigued, or when stronger oils would overstimulate. It works with restraint, helping the body shift and settle at the same time. Used in small amounts, it supports clarity and ease without pushing the system too far in either direction.

MORE WAYS TO USE SPEARMINT

Travel Support

Inhale from a tissue during motion. Commonly used to ease nausea and maintain comfort.*

Evening Mint Tea Boost

Add 1 drop to warm herbal tea. Often used to support digestion without disrupting sleep.*

Cooling Facial Mist

Add to water and mist lightly. Commonly used to refresh skin and reduce surface oil.*

Head Tension Relief

Dilute and apply to temples. Often used to ease mild pressure without strong stimulation.*

Gentle Diffusion Blend

Blend with lavender or petitgrain. Commonly used to create a calm, balanced environment.*

CAUTIONS

- Safety Group 1: Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.
- 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.

