

# PEPPERMINT

*Mentha x piperita*

**Aromatic molecules** : menthol, menthone

**Distilled organ** : arial part

A hybrid of *Mentha aquatica* and *Mentha spicata*, peppermint is an 80-cm perennial plant. It has quadrangular stems and oval, sharp dentate leaves opposite each other. It likes cool, clay and limy soils. Distillation takes place in June, just before the plants bloom.

## Traditionally known for its properties

anaesthetic, analgesic, antipruriginous • urinary and intestinal anti-inflammatory • antibacterial • antiviral • cholagogue et choleric • general tonic and stimulant : digestive : stomachic, carminative, anti-nausea - cardiac : hypertensive, vasoconstrictor.

## Professional advice

- internal : 2 drops CTEO 3 to 4 times a day, on a carrier tablet, in honey, olive oil or on a lump of cane sugar under the tongue for digestive and urinary disorders.
- external : 3 to 4 drops CTEO in strictly local application, 3 times a day, for pain of all sorts. Dilute for broader-surfaces or repeated applications.

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion
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## Useful information

do not use with children under 6 years old, do not use during pregnancy and breastfeeding, do not use for prolonged periods without consulting an aromatherapist.

## Traditional indications

- neuralgia, sciatica, arthritis, rheumatism, tendinitis +++
- otalgia, rhinitis, sinusitis, laryngitis, halitosis +++
- hypotension+++
- hepatopancreatic fatigue +++
- physical and mental asthenia +++
- nausea, vomiting, dyspepsia, indigestion, flatulence +++
- shingles, headaches, vertigo, neuritis ++++
- urticaria, eczema, acne, chicken pox +++
- shock, trauma ++++

## Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

**PRANARŌM**   
aromatherapy

***Aromatherapy and information about it should never be used to replace a doctor's visit.***