

MINT ESSENTIAL OIL (MENTHA ARVENSIS)

Botanical name: Mentha arvensis

Botanical family: Lamiaceae

Extraction Method: Essential oil is obtained by steam distillation of the leaves

Origin: China

Description: The mint plant grows around 10cm-60cm. Leaves grow in opposite pairs and are broad and hairy. The flowers are a pale purple, they grow directly on the stem at the base of the leaves.

Color: Pale yellow liquid.

Common Uses: Mint oil is prized for high Menthol (65-70%) and Menthone (10%) content which is higher than in Peppermint (Mentha piperita). It is mostly used for production of Menthol.

Consistency: Thin

Therapeutic & Emotional Benefits:

Mint oil can assist in nervous disorders and is dramatically effective in stimulating the mind and focusing concentration. It is excellent for the respiratory tract, muscular aches and pains and for some skin problems.

It is a good oil to include in sunburn relief preparations as it cools the skin and nerves.

Uses are similar to Peppermint oil but in lower concentration due to the higher menthol content.