

PEPPERMINT (MENTHA PIPERITA)

Botanical Name: Mentha Piperita

Botanical family: Labiatae

Origin: India

Plant Description: It is a herb that grows up to 1 meter high and has slightly hairy serrated leaves with pinkish-mauve flowers arranged in a long conical shape. This herb has many species, and peppermint piperita is a hybrid of water mint (*M. aquatica*) and spearmint (*M. spicata*).

Extraction Method: Peppermint oil is extracted from the whole plant above ground just before flowering. The oil is extracted by steam distillation.

Color: Clear.

Consistency: Thin and runny

Note: Top

Principal Constituents:

Menthol, menthone, 1,8-cineole, methyl acetate, methofuran, isomenthone, limonene, b-pinene, a-pinene, germacrene-d, trans-sabinene hydrate and pulegone.

Therapeutic & Emotional Benefits:

Peppermint oil can assist in nervous disorders and is very effective in stimulating the mind and focusing concentration, for treating the respiratory tract, muscular aches and pains and for some skin problems.

It has a cooling action on the skin, relieves itching, sunburn and inflammation.