

Peppermint

Emotions	energizing, mental alertness
Uses	abdomen pain-lower, abdomen pain-upper, abdomen bloating , acne , apathy, arthritis-rheumatoid, asthma, bad breath , back pain, bilious attacks, bowel disorder-w/inflammation , bowel disorder-w/discomfort , bowel disorder-w/pain , breast engorgement , bronchitis , bunions, burns-mild, bursitis-foot, catarrh, chilblains, cholera , circulation problems, cold/flu , colic-adults , colitis , congestion, constipation, cooling , corns, coughs , deodorant, depression, dermatitis , diarrhea-food/nerves , digestive problems , diverticulosis, dyspepsia/indigestion , exhaustion-physical, eyes-sties, faintness , fatigue-physical, fatigue-mental , feet care, feet-painful, feet-sweaty, feet-tired , fever , fibrositis, flatulence , food poisoning, gall bladder-stimulate bile flow , gallstones , gastritis , gout/podagra, gums-infection, hangover, hay fever, headache , headache-gastric, headache-w/cold , headache-congestive , headache-sinus , heartburn , heart failure, heart-palpitations , heart-tonic , heat stroke, hemorrhoids, immune deficiency , indigestion/dyspepsia , inflammation , insect bites/stings , insect repellent , jet lag, joints, joints-swollen, kidney stones , liver problems, lumbago/lower back pain, menopause-water retention, menstrual pain/dysmenorrhea , mental exhaustion/fatigue , migraine , migraine-tension , mouse repellent, mouth infections, mouth ulcers, mucus congestion, muscle-ache, muscle-aerobic conditioning, muscle-cramps , muscle-increased performance, muscle-fatigue, muscle-pain , muscle-spasm , muscle-toning, muscles-chest muscle spasm, muscles-tennis elbow, muscles-hand bruise, muscles-leg sprain-lower leg, muscles-neck sprain, muscles-tendonitis, muscles-tenosynovitis, nausea , nausea-migraine , nausea-traveling, nausea-vomiting , neuralgia , pain relief , parasitic infection, pelvic inflammatory disease, pneumonia, pregnancy-morning sickness, pruritus, respiratory problems , ringworm , road rage, scabies , sciatica, shock , sinusitis , skin-after sun, skin-cleansing , skin-inflamed , skin-irritation, skin-itchiness , skin-oily , skin-redness, spastic colon, stiff neck, stimulating , stomachache , stomach cramps , tiredness-mental , tonic-stomach , toothache, upset stomach-baby, synovitis, varicose veins, vertigo, worms
Properties	analgesic , anesthetic, antibiotic, antifungal, antilactagogue, anti-inflammatory, antimicrobial, antiparasitic, antiphlogistic, antipruritic, antiseptic , antispasmodic, antiviral, astringent, carminative, cephalic, cholagogue, cordial, decongestant, digestive , emmenagogue, emollient, expectorant , febrifuge, hepatic , muscle relaxant, nervine, stimulant, stomachic, sudorific, tonic, vasoconstrictor , vermifuge
Constituents	Menthol, menthone, menthyl acetate, menthofuran, limonene, pulegone, cineol

Scent/Note/Viscosity camphorous, grassy-minty, fresh, penetrating; top note; clear to pale yellow; watery viscosity.

Best Mixed With Bergamot, Black Pepper, Cypress, Eucalyptus C/G/R, Geranium, Grapefruit, Juniper, Lavender, Lemon, Pine, Rosemary, Sandalwood, Tea Tree (Basil, Benzoin, Marjoram, Niaouli, Ravensara)

Warning Do not use if using homeopathic remedies. Do not use if pregnant. May cause restlessness or insomnia if used at night or to excess. Use in moderation. Do not use if you have sensitive skin. May cause sensitization, dilute well. Do not use in baths. Do not use on children under 7.

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