

Product Description:

Peppermint (Japanese) Essential Oil is extracted from the Mentha arvensis plant, known for its high menthol content and invigorating aroma. This essential oil carries a refreshing, cool, and minty fragrance, distinct from other peppermint varieties. The Japanese peppermint oil is often valued for its uplifting and energizing properties, making it a popular choice in aromatherapy to promote mental clarity and alertness.

Product Code: [EZ16-EO]

Botanical Name: Mentha Arvensis

Country of Origin: India

Extraction Method: Steam Distilled

* **Note:** COA and MSDS available on request.

Guidelines for Use:

1. **Dilution for Skin:** Mix 2-3 drops of Peppermint essential oil with a carrier oil (such as sweet almond or jojoba oil) before applying to the skin. This helps ensure proper dilution and reduces the risk of skin irritation.
2. **Energizing Massage Oil:** Blend Peppermint essential oil with a carrier oil for an energizing massage. This can be invigorating for tired muscles and may help promote a sense of alertness.
3. **Cooling Foot Soak:** Add a few drops of Peppermint oil to a basin of warm water for a refreshing foot soak. This can relieve tired and achy feet, providing a cooling sensation.
4. **Aromatherapy Diffusion:** Inhale the refreshing and minty aroma of Peppermint by adding a few drops to a diffuser. This can help clear the airways and contribute to mental clarity.
5. **DIY Scalp Treatment:** Mix a few drops of Peppermint essential oil with your shampoo or carrier oil for a stimulating scalp treatment. This may help with a healthy scalp and provide a cooling sensation.

Caution:

Always perform a patch test before widespread use, and be cautious if you have sensitive skin. Consult with a healthcare professional or dermatologist for personalized advice, especially if you have specific skin concerns or conditions.