

*Mentha piperita*  
**PEPPERMINT**

**R**efreshing and energizing, peppermint reminds me of Morocco, where it grows in abundance and is served as a delicious tea. Peppermint is an excellent mental stimulant, and as a digestive, it is unsurpassed. It also helps to alleviate stomach pains. I once used a very weak dilution of oil to massage a baby with colic. The results were immediate; the baby stopped crying and fell asleep.

SCENT  
 Minty, grass-like, balsamic, fresh

NOTE  
 BASE MIDDLE TOP

EXPENSE RATING  
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CAUTIONS  
 Use low dilutions (1%); avoid with homeopathic remedies. See page 16.



*Main constituents: menthol, menthone, cineol*

### THERAPEUTIC PROPERTIES

Research in the U.S.A. and Japan has shown that peppermint improves alertness and stimulates the brain without affecting the heart rate. This supports the idea of Pliny the Elder (a Roman writer born AD23) that a mint crown could aid concentration. Mint soothes the stomach muscles and has long been used as a digestive. It is cultivated in Europe and the U.S.A.

#### —EMOTIONS & MIND—

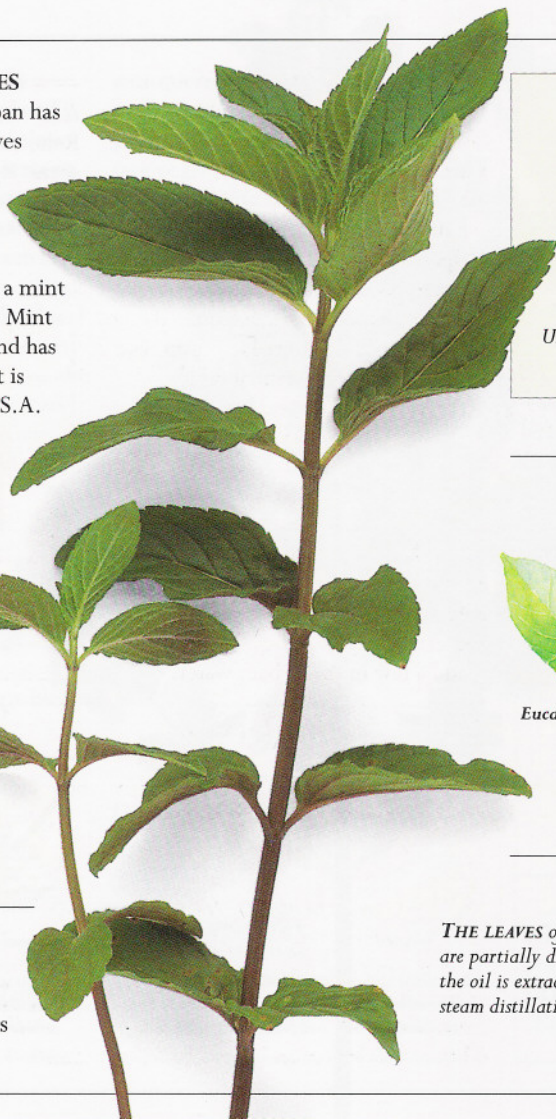
Improves alertness and helps to relieve headaches. Massage diluted oil into the temples or add to a bath.

#### —RESPIRATORY PROBLEMS—

Powerful decongestant, good for colds and influenza. Massage diluted oil into the temples or use steam inhalation to clear nasal passages. Prolonged use can disturb sleep.

#### —DIGESTIVE PROBLEMS—

Calming, anti-spasmodic. Use peppermint to treat flatulence, indigestion and colic. Massage the abdomen with low dilutions of oil (see pages 62–63).

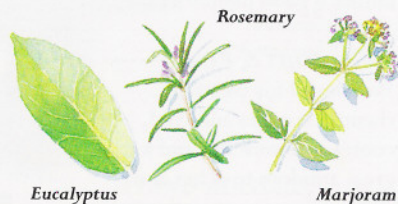


### FOOT MASSAGE



Use peppermint oil in a cooling massage for tired feet (see pages 66–67).

### OIL COMBINATIONS



PEPPERMINT OIL combines perfectly with eucalyptus and rosemary, which reinforce its effects on colds and influenza, and with warming and penetrating marjoram oil.

*THE LEAVES* of peppermint are partially dried before the oil is extracted by steam distillation.