

OIL PROFILE – PEPPERMINT (MENTHA PIPERITA)

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Peppermint is a member of the Lamiaceae botanical family, once known as Labieae. This family contains over 3000 species, most of them medicinal plants. They possess wonderful healing properties. Lamiaceae are common on the Mediterranean outskirts and do not really care for equatorial or cold areas. They thrive in free, open habitats. Peppermint likes moderate heat, lots of light and moist, soils.

Peppermint is a basic essential oil for any practitioner. Its various healing properties have been known for a considerable time. Its effects are due to the terpenic alcohol, menthol and menthone it contains.

Main properties:-

Tonic and stimulating :- cardiac ****, digestive ****, nervous ****.

Anaesthetic, antalgic ****

Hormone-like emmenagogue **

Antibacterial **

Antiviral **

Antifungal **

Urinary and intestinal anti-inflammatory **

Nasal, hepatic and prostatic decongestant **

Therapeutic indications:- Nausea, vomiting, indigestion, dyspepsia, motion sickness, migraine, headache, neuralgia, sciatica, rhinitis, sinusitis, cystitis, prostatitis, nephritic colic, herpes, pruritus, urticaria, itching and eczema.

Recommended synergistic essential oils: -

Tarragon, ravenara aromatica, thyme, cumin, cinnamon, rosemary, marjoram, eucalyptus, lavender and benzoin.



Recipes:-

<p>Sinusitis</p> <table style="width: 100%; border: none;"> <tr><td>Peppermint</td><td style="text-align: right;">3ml</td></tr> <tr><td>Spike lavender</td><td style="text-align: right;">2ml</td></tr> <tr><td>Tea tree</td><td style="text-align: right;">4ml</td></tr> <tr><td>Eucalyptus dives</td><td style="text-align: right;">1ml</td></tr> </table> <p>Dilute in a light easily absorbed carrier oil and massage into the affected sinuses three-times per day and also apply three drops of the above recipe neat on to a handkerchief to be inhaled through the nose as needed.</p>	Peppermint	3ml	Spike lavender	2ml	Tea tree	4ml	Eucalyptus dives	1ml	<p>Neuralgia and sciatica</p> <table style="width: 100%; border: none;"> <tr><td>Peppermint</td><td style="text-align: right;">1ml</td></tr> <tr><td>Exotic verbena</td><td style="text-align: right;">1ml</td></tr> <tr><td>Rosemary</td><td style="text-align: right;">2ml</td></tr> <tr><td>Helichrysum</td><td style="text-align: right;">1ml</td></tr> <tr><td>Carrier oil arnica</td><td style="text-align: right;">15ml</td></tr> </table> <p>4 drops massaged lightly on the painful area, as needed.</p>	Peppermint	1ml	Exotic verbena	1ml	Rosemary	2ml	Helichrysum	1ml	Carrier oil arnica	15ml		
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<p>Muscle preparation for an event</p> <table style="width: 100%; border: none;"> <tr><td>Peppermint</td><td style="text-align: right;">0.5ml</td></tr> <tr><td>Laurel</td><td style="text-align: right;">0.5ml</td></tr> <tr><td>Lavender super</td><td style="text-align: right;">2ml</td></tr> <tr><td>Cypress</td><td style="text-align: right;">1ml</td></tr> <tr><td>Citronella</td><td style="text-align: right;">3ml</td></tr> <tr><td>Gel or carrier oil</td><td style="text-align: right;">100ml</td></tr> </table> <p>One local application 15 minutes before the event.</p>	Peppermint	0.5ml	Laurel	0.5ml	Lavender super	2ml	Cypress	1ml	Citronella	3ml	Gel or carrier oil	100ml	<p>Travel sickness and nausea.</p> <table style="width: 100%; border: none;"> <tr><td>Peppermint</td><td style="text-align: right;">2ml</td></tr> <tr><td>Basil</td><td style="text-align: right;">2ml</td></tr> <tr><td>Petitgrain</td><td style="text-align: right;">2ml</td></tr> <tr><td>Carrier oil</td><td style="text-align: right;">50ml</td></tr> </table> <p>Massage 10 drops into the solar plexus and along the colon three times per day.</p>	Peppermint	2ml	Basil	2ml	Petitgrain	2ml	Carrier oil	50ml
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Peppermint oil is also an appropriate way of adding some zest to a bland mixture of oils. For this purpose a quarter to a half per cent would be sufficient.

Although Peppermint is an extremely useful oil and indispensable in the Aromatherapist collection of oils its toxicity is also very real. It should never be used on pregnant or breast-feeding women, infants and the very elderly. As it contains large quantities of menthone and menthol it is neurotoxic and abortive. It has also been shown to have a spastic effect on the bronchi and should not be used on children under three years of age.