

### ANDEAN MINT ESSENTIAL OIL

*Suitable for beauty and personal care applications.*

**INCI:** *Minthostachys Mollis* (Andean Mint) Oil

**Extraction:** Steam Distillation

**Shelf Life:** 2-3 Years

**Origin:** Peru

#### Background:

Andean Mint Essential Oil is sometimes also known as *Muna Essential Oil*.

Praan Naturals Andean Mint Essential Oil is steam distilled from the leaves and stems of *Minthostachys mollis*, a native Peruvian plant. Andean Mint is traditionally used by Peruvians and those that are indigenous to the Andean region for wellness applications.

Andean Mint is comprised of approximately 25% menthone. Aromatically, therefore, Andean Mint Essential Oil possesses a bright, minty, herbal aroma. Unlike peppermint and spearmint which is abundant and belong to the genus *Mentha*, Andean Mint is less commonly available. Great care must be taken when the plant is harvested. Some harvesters rip the entire plant and root system out of the ground instead of carefully trimming the leaves. This process kills the plants and is not sustainable.

We have sourced our Andean Mint Essential Oil from a distiller that is mindful of sustainability concerns and that certifies that the Andean Mint (*Minthostachys mollis*) used in the production of our oil is cut in a manner that allows for regrowth of this highly revered plant. It is not uprooted during the harvesting process.

#### Uses:

We see Andean Mint Essential Oil as showing promise in supporting respiratory health. Its properties also make it well suited for applications intended to support cleanliness. Emotionally, Andean Mint Essential Oil is a stimulating essential oil that is well suited for use in formulations intended to help to ease the feelings of sadness and discouragement and to help invigorate the body, mind and spirit. It can be helpful in promoting mental and emotional focus and concentration.

Andean Mint Essential Oil blends well with essential oils within the mint, herbal, wood, conifer, and citrus families.

Praan Naturals Andean Mint Essential Oil is a particularly intriguing oil due to its overall composition that includes 28-29% of the ketone pulegone. Overall, it contains 70% ketones. As such, it is a very powerful essential oil that should be used conservatively.



#### Properties:

- 100% Pure
- Ethically and Sustainably Sourced
- Clear, Thin Consistency
- Minty, Herbal Aroma
- Refer to GC/MS Report for Specific Composition Details

#### Palo Santo Essential Oil is Suitable for the Following Personal Care Applications:

- Skin Care
- Hair Care
- Cosmetics
- Aromatherapy
- Massage
- Spiritual and Energetic Formulations

#### Recommended Usage:

0.8% dermal maximum. Although *Essential Oil Safety Edition 2* by Robert Tisserand and Rodney Young does not include an entry for Andean Mint Essential Oil that is steam distilled specifically from *Minthostachys mollis*, we recommend a dermal maximum of 0.8% based on our interpretation of component guidelines presented in the book. This percentage serves as a suggestion only, and we strongly recommend referring to *Essential Oil Safety Edition 2* to review and confirm safety information based on your intended use of the oil.

**Standard Packaging:** Available in cannisters.

**For more information or to inquire about our selection of other certified organic and conventional personal care ingredients, visit [PRAANnaturals.com](http://PRAANnaturals.com) or call our Customer Care department at (800) 340-0080 or (203) 702-2500.**

