

### SPEARMINT ESSENTIAL OIL

*Suitable for beauty and personal care applications.*

**INCI:** Mentha Spicata (Spearmint) Oil

**Extraction Method:** Steam Distillation

**Shelf Life:** 5 Years

**Origin:** USA

#### Background:

Spearmint, *Mentha spicata*, is a member of the *Lamiaceae* plant family. It is informally referred to as belonging to the *mint* plant family. It is native to regions of Europe and Asia, but it is now cultivated throughout the world. Spearmint holds a treasured place within botanical history for its use in culinary, hygiene and wellness applications.

Praan Naturals Spearmint Essential Oil is masterfully steam distilled from the air dried, aerial parts of ethically and sustainably cultivated spearmint that has been expertly grown in the USA.

#### Uses:

Praan Naturals Spearmint Essential Oil is a refreshing essential oil that offers numerous benefits within skin care, aromatherapeutic and wellness applications. Its composition of (-)-Carvone makes it well suited for inclusion in formulations intended to support normal respiratory, muscular and digestive health.

Although spearmint and peppermint are both members of the mint family, Spearmint Essential Oil possesses less menthol and is considered to be softer aromatically than Peppermint Essential Oil. It is especially well suited for applications in which the potent menthol composition of peppermint is not desirable.

For emotional applications, Spearmint Essential Oil is an uplifting and energizing oil that invigorates the mind, body and spirit.

Aromatically, Praan Naturals Spearmint Essential Oil is a top/middle note. It possesses a beautifully crisp, minty aroma that conveys freshness and cleanliness. It blends especially well with essential oils in the citrus, spice, herbaceous and wood families.



#### Properties:

- 100% Pure
- Ethically and Sustainably Sourced
- Clear, Thin Consistency
- Fresh, Crisp, Spearmint Aroma
- Independent GC/MS Analysis Performed
- See the *GC/MS Analysis for Composition Data*

#### Spearmint Essential Oil is Well Suited for the Following Personal Care Applications:

- Skin Care
- Hair Care
- Cosmetics
- Fragrance
- Aromatherapy
- Emotional and Physical Wellness

#### Recommended Usage:

The IFRA Dermal Maximum is 1.2%. We recommend referring to *Essential Oil Safety Edition 2* by Robert Tisserand and Rodney Young to review safety information based on your intended use of the oil.

**Standard Packaging:** Available in drums.



For more information on Praan Naturals premium quality Spearmint Essential Oil and other certified organic and conventional essential oils, visit [PRAANNaturals.com](http://PRAANNaturals.com) or call our Customer Care department at (800) 340-0080 or (203) 702-2500.

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