QUICK REFERENCE SHEET

PEPPERMINT BLACK MITCHAM

Mentha piperita

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Stems, Leaves, Buds

Region of Origin:

U.S.A.

AFFINITY FOR:

digestive system, tissues, nerves, mind, earth element, wood element, yang energy, throat chakra, lung meridian, small intestine meridian

THERAPEUTIC PROPERTIES:

tonic, cytophylactic, anti-infective, antiseptic, decongestant, antibiotic, antifungal, antidepressant, anti-toxic, aphrodisiac, astringent, calmative, nervine, anti-inflammatory to the nerves and the prostate

AROMATIC CONSIDERATIONS:

This variety of Peppermint has chocolaty undertones and reminds you of mint chocolates. Candy makers use this variety of Peppermint plant to make candy and chocolates.

APPLICATION:

Peppermint oil should be diluted well before applying to the skin. Peppermint is a good massage oil for stimulating circulation. Peppermint is too strong to be added to a bath. Add to a diffuser for help with concentration.

ⓘ CAUTIONS:

Peppermint oil is stimulating to the uterus. Extreme caution, mostly to the amount used, should be taken with Peppermint oils if pregnant.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Peppermint is like a rush of fresh energy into the system. It allows us to relax instead of letting anxiety build up in our body or mind. Peppermint oil is specific for people who move between highs and lows, sadness and happiness, until the ever-widening mood swings settle into lethargy, intolerance, and frustration. Just as Peppermint strengthens the digestion and aids the absorption of nutrients on a physical level, it enhances our ability to "digest" new ideas and impressions.

PHYSICAL ASPECTS:

Peppermint is renowned for its action on the digestive system and for use in bowel disorders. It is one of the best essential oils for nausea, vomiting, morning sickness (small amounts only), mouth or gum infections, fainting, and motion sickness. Peppermint oil is strongly anti-inflammatory and analgesic. Peppermint oil increases circulation. All varieties of Peppermint essential oil are useful for muscle pain, inflamed joints, and arthritis. The anti-inflammatory properties make Peppermint essential oil supportive of prostate function.

GENERAL INFORMATION:

Peppermint Black Mitcham was first grown in Mitcham England in the 1750's and earned England the reputation for producing the best mint in the world. Peppermint Black Mitcham has the same latin name as Peppermint Piperita. The major difference, besides aroma, is Peppermint Black Mitcham is an heirloom variety, which means it has been grown since the 1750's without changes and has been passed down from generation to generation. They only harvest once per year to keep the integrity of the Peppermint to its highest standards.

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