SpearmintSpearmint essential oil is calming, relaxing, and uplifting. It is milder than peppermint and less likely to be over-stimulating if too much is used. Spearmint oil is a pleasant alternative to citrus oils for treating mental fatigue, depression, and eating disorders. Has a relaxing and cooling effect on muscles and the nerves which feed them. Useful for spasmodic cough, abdominal cramps and spasms, muscle cramps, and nervous convulsions. Use cautiously with pregnant women.

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