

Product Description:

Spearmint 65% Essential Oil is derived from the *Mentha spicata* plant, and the "65%" designation indicates the specific concentration of the major compound, typically carvone, present in the oil. This essential oil possesses a sweet, refreshing, and mild minty aroma, distinct from its close relative, peppermint. With a lower menthol content compared to peppermint, Spearmint Essential Oil is often preferred for its gentle and pleasant fragrance.

Product Code: [EZ21-EO]

Botanical Name: *Mentha Spicata*

Country of Origin: India

Extraction Method: Steam Distilled

* **Note:** COA and MSDS available on request.

Guidelines for Use:

1. **Dilution for Skin:** Mix 2-3 drops of Spearmint essential oil with a carrier oil (such as coconut or jojoba oil) before applying to the skin. This ensures proper dilution and minimizes the risk of skin irritation.
2. **Refreshing Foot Soak:** Add a few drops of Spearmint oil to a basin of warm water for a revitalizing foot soak. This can soothe tired feet and provide a cooling and refreshing sensation.
3. **Aromatherapy Diffusion:** Inhale the sweet and minty aroma of Spearmint by adding a few drops to a diffuser. This can create a uplifting atmosphere and may help alleviate stress.
4. **DIY Lip Balm:** Mix a drop of Spearmint essential oil with your favorite lip balm. This can provide a refreshing sensation and a subtle minty flavor.
5. **Cooling Body Mist:** Dilute Spearmint essential oil with water in a spray bottle and use it as a cooling body mist. This can be especially refreshing on hot days or after physical activity.

Caution:

Always perform a patch test before widespread use, and be cautious if you have sensitive skin. Consult with a healthcare professional or dermatologist for personalized advice, especially if you have specific skin concerns or conditions.