

## 10 ml Spearmint



**Brand:** Ancient Wisdom

**Product Code:** EO-84

**Availability:** In Stock

**Weight:** 0.04kg

**Price:** £2.50

### Description

Latin Name : Mentha Spicata Plant Part Used : Flowering Tops Source : China Extraction Method : Steam Distillation This Spearmint Essential Oil is a high grade 60% Carvone variety. Carvone is the naturally occurring chemical that gives Spearmint its distinctive odour. The other 40% of the oil is made up of other chemicals naturally occurring in the Spearmint plant. Spearmint Essential Oil is multi-purpose and it continues to be used to soothe ailments such as skin problems, headaches, nausea, vomiting, respiratory issues, and cold symptoms. Used in aromatherapy, Spearmint Essential Oil is said to help reduce nasal congestion caused by the excessive buildup of phlegm and mucus in the nose and throat, thereby promoting easier breathing. It has revitalizing, energy-inducing action on the body by working to enhance mood, concentration, and by energizing the skin. Its fresh, restorative fragrance helps to uplift the mood and comfort emotional stress.

### Product Gallery

