

Suggested Use: For aromatherapy use. For all other uses, carefully dilute with a carrier oil such as jojoba, grapeseed, olive, or almond oil prior to use. Please consult an essential oil book or other professional reference source for suggested dilution ratios.

Natural essential oils are highly concentrated and should be used with care.

Caution: Keep out of reach of children. Avoid contact with eyes. If pregnant or lactating, consult your healthcare practitioner before using.



100% pure
spearmint

Mentha spicata

Net 1 fl. oz. (30 mL)

Ingredients: 100% pure spearmint oil.

Aroma: Refreshing, minty.

Benefits: Cooling, invigorating, stimulating.

Mixes Well With:

bergamot oil
lavender oil
lime oil
rosemary oil

Extraction Method:

Steam Distilled from leaves and flowering tops.

Purity Tested/Quality Assured

Manufactured by NOW Foods
Bloomington, IL 60108, U.S.A.
www.nowfoods.com



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