

Peppermint Mentha X piperita

Properties

Body

- General stimulant on the cardiac, digestive, pancreatic and nervous system+++
- Refreshing +++
- Analgesic and anesthetic+++

Mind

- Mental Clarity



Vishuddha

I speak my truth I speak

I speak with LOVE I express my soul

My voice is clear My voice is strong

I express my soul I speak my truth

I speak with LOVE My voice is strong

I speak my truth I listen with interest

My voice is strong My voice is strong

I speak with LOVE My voice is clear

I listen with interest I express my soul

I express my soul I speak with

I speak my truth LOVE

My voice I speak

is clear I am a clear

I speak with LOVE My voice is clear

My voice is strong I speak

I speak my truth

Chakra: Throat

Odour:

Herbaceous, fresh and note of menthol
(HEAD NOTE)

Chemistry (main)

Monoterpenols 30-55%

Ketones 14-32%



USAGE

Immune system: By its anti-inflammatory and anti-infectious actions

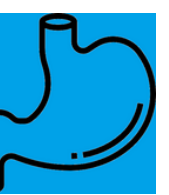
Respiratory system: flu (clears the nose)...

Digestive system: digestion, nausea, vomiting, gas, bloating, digestive spasm, good breath, transport sickness

Skin system: insect bite, itching, eczema, hives, shock

Nervous system: Asthenia, mental fatigue, overall and /or nervous exhaustion, headache

Muscular system: rheumatism, joint pain, Neuralgia, Sciatica



Routes

