



*Spearmint was used historically to help relieve hiccough, colic, nausea, indigestion, headaches, and sores. Spearmint oil is also used to help relieve respiratory problems, headaches, digestive problems, and dry skin. Its minty aroma is said to be uplifting to both mind and spirit.*

Steam distilled  
from leaves

# Spearmint

*Mentha Spicata*

# Spearmint

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*Pure Essential Oil* |