



SPEARMINT

Pure Essential Oil

uplifting

Peel for important safety & use details

NET .5 FL OZ (15 mL)



INGREDIENTS
Mentha spicata (spearmint) oil.

OUR PROMISE

- Single Botanical
- No Synthetics
- Tested for Authenticity
- Not Tested on Animals

L191137B1



Aura Cacia American-grown spearmint is especially sweet and fresh.

GROWN IN
United States

Distributed by Frontier Co-op
PO Box 299, Norway, IA 52318
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CAUTION: IF PREGNANT, NURSING, SUFFERING FROM ANY MEDICAL CONDITION, OR TAKING MEDICATION, CONSULT A HEALTH CARE PRACTITIONER BEFORE USE. DILUTE PROPERLY. AVOID EYES AND MUCOUS MEMBRANES. IF IRRITATION OCCURS, DISCONTINUE USE. NOT FOR INTERNAL USE. KEEP OUT OF REACH OF CHILDREN. PRODUCT IS FLAMMABLE.

USE FOR
Overcoming a sense of stagnation.

GOES WELL WITH
Eucalyptus, jasmine, lavender, rosemary

AROMA NOTE
Leafy top note

QUICK TIP
Blend 24 drops and 2 fl oz water in a mist bottle for a refreshing room spray.

UPLIFTING MASSAGE OIL
48 drops spearmint
4 Tbsp sweet almond oil
Combine in an amber glass bottle. Massage into muscles and joints.

DILUTION GUIDE

Drops per 1 oz (2 Tbsp) carrier

Face	5
Body	10
Home Care	18
Diffusion	Follow device instructions

Examples of carriers

- Skin care oil
- Unscented liquid soap or lotion
- Witch hazel extract

Find more recipes & tips at auracacia.com.