



## Spearmint

Latin name: *Mentha spicata*

French names: Menthe verte, menthe à épis

Extracted from: flowering aerial parts

Mint is often a miracle against headaches: one drop on the temples and one on your neck, smell it from the bottle and let your well being come back.

Feeling too hot during summer nights? Spray some peppermint on your chest and legs.

One drop on any little acute aching to soothe and gain comfort.

When your head can't think any more and you feel you should freeze your boiling neurones: one drop of peppermint oil on the temples.



### ***The plant, its legends and its botany***

Mint is a lamiaceae: that is to say it is part of the largest botanical family represented in aromatherapy. One common misconception is that mint originates in Europe, even in England. The Western world has certainly noticed the crossbred species known as Peppermint for the first time in this beautiful island, but the plant itself is native of the East and some species are of the New World.

According to Greek mythology, mint has a strange origin. Hades, God of the underground, loved Minthe but married Persephone, who crushed Minthe once her marriage was celebrated. Hades, seeing her lifeless body, cried himself to sleep and from his tears streaming down her body grew mint.

The whole plant is made of green, bright green leaves. Like any lamiaceae: leaves like crosses, square rod with little lip-like flowers at the end.

Mint is highly invasive when it conquers a garden. It has to be contained in a pot otherwise roots go everywhere and spread over.

It is the same process as for strawberries which expand the same way, this will help us understand how it works for mint: there are stems that creep along on the ground. They bear no leaves or flowers, but root into the ground every few centimetres and breed a new plant there. It is an asexual reproduction.

### **Energetic properties**

Refreshes the mind, ideas and moods.  
Drastically calms down irritated and angry people.  
De-stresses the mind.  
Boosts and allows one to think again.  
Stimulates Cartesian, analytical and mental thinking.  
Gives courage to leave the everyday routine.  
Helps to reduce thoughts of death.

### **Chakras**

5th chakra

### **Doshas**

Freezes Pitta  
Reduces Kapha's slow pace and habits  
Increases Vata

### **Elements**

Air and Water

### **Standard chemotype**

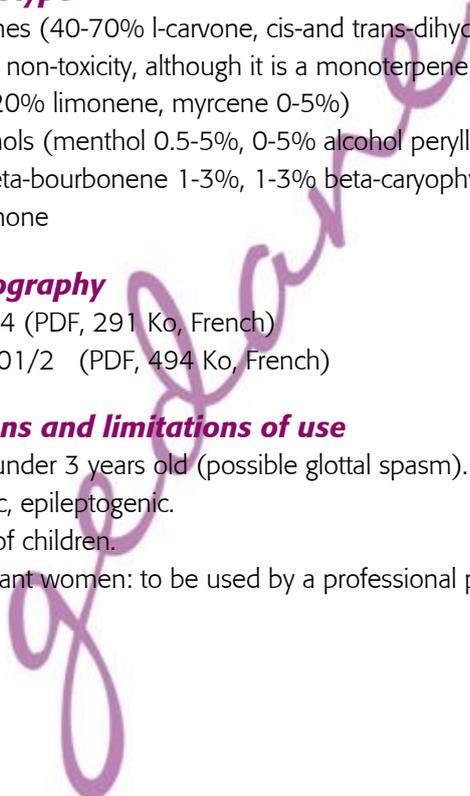
Monoterpene ketones (40-70% l-carvone, cis-and trans-dihydrocarvone 0-15%, 0.5-5% menthone, pulegone 0-4%) L-carvone is non-toxicity, although it is a monoterpene ketone.  
Monoterpenes (4-20% limonene, myrcene 0-5%)  
Monoterpene alcohols (menthol 0.5-5%, 0-5% alcohol peryllic)  
Sesquiterpenes (beta-bourbonene 1-3%, 1-3% beta-caryophyllene)  
Furanocoumarins: none

### **Batch chromatography**

Batch, 501K104244 (PDF, 291 Ko, French)  
Batch, SPE2001/2 (PDF, 494 Ko, French)

### **Contraindications and limitations of use**

Never on children under 3 years old (possible glottal spasm).  
Limitedly neurotoxic, epileptogenic.  
Keep out of reach of children.  
Children and pregnant women: to be used by a professional practitioner only (never use on children under 3 years old).



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The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.  
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