

# Peppermint (*Mentha piperita*)



Peppermint is a natural hybrid of water mint (*Mentha aquatica*) and spearmint (*Mentha spicata*).

**Origin:** Northern Africa and the Mediterranean. It grows wild throughout Europe and North America and is cultivated in many regions of the world.

**Element:** Air

**Gender:** Masculine

**Planet:** Venus

**Zodiac:** Aquarius, Virgo

## Magical Properties

**Release Negative Energy:** Place it on your altar or around your home to clear the energies, invite protection, and create positive changes.

**Encourage Prophetic Dreams:** Burned, peppermint leaves help to induce sleep with its aroma. If placed under the pillow, peppermint can bring about visions of the future through dream work.

## Medicinal Properties

**Relieve Digestive Symptoms:** Bloating, gas, and indigestion can all be relieved with the use of peppermint. It also reduces abdominal pain.

**Reduce Tension Headaches:** Menthol is found in peppermint and it increases blood flow and provides a cooling sensation. With migraines, applying the oil to the forehead and temples will reduce headache pain.

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**Contraindications:** Test a small patch of skin for any reactions before applying larger amounts. Keep peppermint oil away from the face or chest of infants and young children. Pregnant and breastfeeding women should avoid peppermint oil. Some medications can adversely interact with peppermint oil. Consult a doctor before using this herb.