

# Spearmint Essential oil China

*Mentha spicata var. crispa L. (Benth.)*



**Herbaceous**  
Minty



Botanical family : Lamiaceae  
Method of culture : Conventional  
Part harvested : Aerial parts

CAS TSCA : 8008-79-5  
INCI : Mentha spicata herb oil

## Specifications

Method for obtaining : Steam distillation followed by rectification  
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Appearance : Colourless to pale yellow liquid  
Constituents : Laevo-carvone, limonene

## Harvest period

J F M A M J **J A S** O N D



Spearmint is one of the group of mints distilled for the aroma of their essential oils, including peppermint and *Mentha arvensis*. It is a fast-growing herbaceous plant that proliferates through growing suckers. The dark-green leaves are toothed and wavy and the flower spikes bear small purple, pink, or white flowers. The above-ground parts of the plant are reaped and partially dried. Distillation of spearmint is followed by a rectification process to control the presence of the main molecule, carvone. Spearmint essential oil has a characteristic herbaceous, minty fragrance.

Spearmint is native to Europe. Since being introduced in the United States, it has become the most important essential oil for the country's flavors and fragrances industry. Spearmint is also produced in great quantities in China. The origin of the common name "mint" comes from Greek mythology. The naiad Minthe (also *Mentha* and *Mintha*) engaged in a passionate, but illicit, affair with Hades, god of the Underworld. Persephone, his lawful wife, punished Minthe by changing her into an insignificant little plant. Hades, to assuage his grief, endowed the plant with a powerful fragrance, one, it is said, that is able to stoke the fires of love.

Advised uses : Aromatherapy, Perfumery, Cosmetic, Alimentary



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