

Spearmint

Botanical Name: *Mentha spicata*

Family: Lamiaceae

Energetics: Cooling, aromatic

Taste: Sweet, minty, cooling

Actions: Digestive aid, carminative, antispasmodic, mild antimicrobial, calming

Overview

Spearmint is traditionally used to support digestion, ease mild cramps, and promote relaxation. It is milder than peppermint and can be used in teas, infusions, or essential oil preparations.

Uses

Internal Uses

- Supports digestion and relieves bloating
- Mild antispasmodic for intestinal or muscular cramps
- Calms mild anxiety or nervous tension
- Mild antimicrobial support

External Uses

- Infused oils or balms for headache relief
- Aromatherapy for calming and refreshing effects

Medication Interactions

- Generally safe; monitor if taking anticoagulants
- Caution with children and infants in concentrated forms

Contraindications

- Pregnancy: safe in culinary doses
- Children under 6: avoid concentrated forms
- Gastroesophageal reflux: may exacerbate symptoms

Caution & Safety

- Avoid high doses of concentrated internal preparations
- Monitor for allergic reactions externally

Herbal Pairings

Blends Well With

- Chamomile (digestive and calming synergy)
- Lemon Balm (nervine support)
- Fennel (digestive support)

Avoid Combining With

- Acid reflux medications if sensitive

Possible Side Effects

- Mild heartburn or reflux in sensitive individuals
- Skin irritation if applied undiluted externally
- Rare allergic reactions

Forms & Dosage

Tea / Infusion

- 1-2 tsp dried leaves per cup water
- Steep 5-10 minutes
- 1-3 cups daily

Tincture (1:5)

- 1-2 mL, 1-2 times daily

External / Infused Oil

- Apply topically as needed; dilute for sensitive skin
- Aromatherapy: a few drops in diffuser



Spearmint is a gentle, aromatic herb ideal for digestive support and mild relaxation. Use teas, tinctures, or external preparations with caution.

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