Herbal Plants

PEPPERMINT
WHAT IS PEPPERMINT?

- **Peppermint** (*Mentha × piperita*, also known as *M. balsamea* Willd.) is a hybrid mint, a cross between the watermint (*Mentha aquatica*) and spearmint (*Mentha spicata*).
WHO DESCRIBED PEPPERMINT?

Peppermint was first described in 1753 by Carolus Linnaeus from specimens that had been collected in England; he treated it as a species, but it is now universally agreed to be a hybrid.
Uses

- Peppermint has a high menthol content, and is often used as tea and for flavouring ice cream, confectionery, chewing gum, and toothpaste. The oil also contains menthone and menthyl esters, particularly menthyl acetate. Peppermint can also be found in some shampoos and soaps, which give the hair a minty scent and produce a cooling sensation on the skin. Used in this way, it has been known to help with insomnia.
THANK YOU...

DONE BY
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