



Spearmint – Gentle Digestive Tonic, Hormonal Ally & Uplifting Calm

Botanical Profile

- Latin Name: *Mentha spicata*
- Alternative Names: Garden Mint, Green Mint
- Plant Family: Lamiaceae (Mint family)
- Parts Used: Leaves (fresh or dried)
- Origin: Native to Europe and Asia

Spearmint is a sweet, gentle, and uplifting member of the mint family, traditionally used to soothe digestion, calm the nerves, and bring cooling clarity to body and mind. With its delicate flavour and soft aroma, Spearmint is a favourite among children and elders alike. At Peridotflow Wellness Centre, we embrace Spearmint as a kind-hearted herb that brings lightness, hormonal balance, and graceful cool in moments of inner heat or tension.

Soothes Digestion and Relieves Gas

Spearmint gently relaxes the digestive tract, helping to relieve gas, bloating, and stomach cramps. It supports healthy digestion by calming spasms and easing tension in the gut, especially when taken as a warm infusion after meals. Its sweet and cooling nature makes it particularly useful for hot or irritated digestive patterns.

Supports Hormonal Balance in Women

Spearmint has shown gentle anti-androgenic effects, making it useful in supporting women with elevated testosterone, PCOS, or hirsutism. Its regular use may contribute to reducing unwanted hair growth and improving hormonal rhythms over time. Best used in combination with lifestyle support and other balancing herbs such as Vitex or Lemon Balm.

Calms the Mind and Uplifts the Mood

With its bright, clean aroma and cooling energetics, Spearmint has a refreshing effect on the mind and emotions. It helps ease mental fatigue, promotes focus, and lifts the mood without overstimulation. A gentle tonic for Vata and Pitta constitutions in need of clear calm.

Cools Internal Heat and Inflammation

Spearmint can help reduce internal heat, whether emotional (irritability, frustration) or physical (fever, inflammation). It may be used in cooling blends for summer heat, skin flare-ups, or inflammatory conditions of the gut and liver. Its soothing nature makes it ideal for balancing excess fire in both body and mind.

Child-Friendly Support for Tummy Upset and Restlessness

Safe and soothing for children, Spearmint tea can help with mild digestive issues, bedtime wind-down, and gentle nervous tension. It is a favourite in children's blends for colic, restlessness, or after a big emotional day. Mild in action but powerful in comfort, it brings a loving presence to the nervous and digestive systems alike.

Folklore & History

A cherished culinary and medicinal herb for centuries, Spearmint was cultivated in ancient Greece and Rome for its uplifting scent and digestive properties. In folk tradition, it was used to clear the mind, cleanse the air, and refresh the heart. Mint garlands were worn to increase alertness, and Spearmint tea was often sipped after feasting to ease the belly and sweeten the breath.

Traditional Usage

Used as a tea, fresh herb infusion, syrup, or essential oil. Traditionally brewed after meals, added to cooling summer blends, or used in bath infusions for irritability and tension.

Herbal Actions

Carminative, Nervine, Antispasmodic, Cooling Digestive, Mild Hormonal Modulator, Anti-inflammatory

Energetics & Tissue States

Temperature: Cooling

Moisture: Slightly Drying

Tissue States: Hot, Tense, Excited, Stagnant

Active Compounds

- Carvone – aromatic digestive support
- Flavonoids – anti-inflammatory, antioxidant
- Rosmarinic acid – cooling and calming
- Tannins – astringent and toning to tissues

Dosage & Preparation

- Infusion: 1–2 tsp dried herb per cup, steep 10–15 minutes
- Fresh Herb: Crush and infuse for tea, syrups, or tincture
- Safe for daily use; often used in gentle long-term protocols

Safety & Contraindications

- Generally very safe for all ages
- May be too cooling for those with cold, damp constitutions in large amounts
- Use in moderation with hypothyroid conditions due to potential mild hormone interactions

Herbal Pairings

- Chamomile – for digestion and emotional soothing
- Lemon Balm – for stress and hormonal balance
- Fennel – for gas and bloating
- Red Raspberry Leaf – for gentle women's hormonal support
- Licorice Root – to balance dryness and deepen sweetness

Peridotflow Perspective

Spearmint is the soft breeze that cools the fire and carries clarity through the system. At Peridotflow, we cherish its light, cleansing medicine as a balm for the belly, the spirit, and the hormonal tides. Whether gently holding a child's nervous system or bringing grace to a woman's cycle, Spearmint whispers, 'Peace begins in the gut, and joy begins in breath.'