



## Peppermint Family Essential Oil (Peppermint, Spearmint, Bee Balm ...)

### What you need:

- EssenEx™ 100 Distillation Kit
- 100 grams of Peppermint Leaf, chopped or ground.

### Preparation:

- To facilitate chopping, place Peppermint in Freezer for 24 hours.
- For initial runs, use 100 grams. Later, more or less may be used.
- If dried peppermint leaf, add 40 gm water to 100 gm leaf. (0.4 to 0.5 : 1 by mass)
- Place in EssenEx™ as described in user manual.

### Trial:

- Place the reactor into the microwave with mug of water.
  - o If multiple batches are run, change water in the mug between trials.
- Each batch should run for 6 minutes on a power setting of HIGH (1100 watts)
  - o Lower power units: simply add 30 seconds to a minute for the cooking phase.
- Allow the batch to cool for 6 minutes. In or outside the microwave. Caution: do not raise lid prior to 4 minutes and be careful if moving from microwave as jar will be quite warm initially.
  - o This is a key step to your success. Cooling allows the vapors to condense and form more oil and it allows the reactor to be handled much easier!

### Collection:

- Pour top contents of the beaker into the easy separator and rotate it using the palms of your hands while resting it on a cloth (kitchen towel) on a hard surface (counter top). The motion should be similar to starting a fire with sticks.
- After a few seconds, stop rotating the separator and observe the oil layer.
- Repeat the process if you believe more oil will collect.
- Once the oil is separated (above the hydrosol in the neck of the flask), use the pipette to place it in a vial.

### Yield:

- Upon lifting the lid, a small amount of ice should be remaining on screw.
  - o If not, then reduce the amount of water added.
  - o Peppermint species have wide variation: 0.5 to 2% by mass. Consult appropriate botanists for best cultivars.
    - 100 gm Peppermint yield from 0.5 to 2.4 ml oil.

Note: Peppermint was the first botanical material in the EssenEx™ Device. A Master's Thesis by Carmen Velasco has a device which was the precursor to the EssenEx™ design.

For any question please contact us at [Info@oilextech.com](mailto:Info@oilextech.com) or fill out our Customer Feedback at our website <http://www.oilextech.com/contact-us/>