



References

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The Science Behind our Products

Peppermint oil

Two studies have shown that topical application of peppermint oil is effective in reducing symptoms of tension headache.^{1,2} In one randomized, controlled trial, 32 patients were tested using a variety of topical herbal preparations. Compared with participants who received placebo, there was a significant analgesic effect in patients who applied a peppermint preparation. A second study compared the effectiveness of topical peppermint oil and acetaminophen in 164 headache patients. 41 patients found that a 10% peppermint oil preparation significantly reduced headache intensity after 15 minutes.² There were no significant difference in effectiveness between peppermint oil and acetaminophen, and no adverse effects were reported.

Ginger oil

Animal research shows topical ginger displays antioxidant and anti-inflammatory properties.^{3,4}



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