



Navy Heart Essential Oils

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IFRA COMPLIANCE DOCUMENT

Peppermint Essential Oil (Steam Distilled) | IFRA 51st Amendment (June 2023)
Issue Date: May 24, 2026

PRODUCT IDENTIFICATION

Product Name	Peppermint Essential Oil (Steam Distilled)
Botanical Name	Mentha x piperita
INCI Name	Mentha Piperita (Peppermint) Oil
CAS Number	8006-90-4
Product Type	Essential Oil — Aromatic
Supplier	Navy Heart Essential Oils, Calgary, Alberta, Canada
IFRA Amendment	51st Amendment to the IFRA Code of Practice (published June 2023)
Document Issue Date	May 24, 2026

IFRA COMPLIANCE STATEMENT

Navy Heart Essential Oils hereby confirms that Peppermint Essential Oil (steam distilled) is assessed in accordance with the IFRA 51st Amendment (June 2023). This oil is compliant for use in the product categories listed below at the maximum concentration levels stated.

Peppermint essential oil has moderate IFRA limits with notable restrictions for face products (Category 5B: 3.9%) driven by menthone sensitization potential. The high menthol content (~40–55%) makes it a popular cooling ingredient but also the primary driver of skin sensitization risk. Peppermint has generous limits for candles (100%) and practical limits for soap (9%).

Key restricted constituents (typical composition): L-Menthol 40–55% — L-Menthone 20–30% — Menthyl acetate 4–10% — 1,8-Cineole (eucalyptol) 3–6% — Isomenthone 2–6%.

IFRA CATEGORY USAGE LIMITS — 51ST AMENDMENT

IFRA Category	Typical Product Applications	Max. Usage Level (51st Amdt.)	Navy Heart Recommended
1	Lip products (lip balm, lipstick, lip gloss, lip scrub)	6.00%	Up to 1% for lip use
2	Deodorant & antiperspirant (spray, stick, roll-on)	1.60%	Up to 0.8%
3	Facial makeup, eye products, foundation, blush	2.00%	Up to 1% — avoid eye area; menthol causes eye irritation
4	Hair leave-on (hair oil, hair serum, scalp treatment)	59.00%	Up to 2%
5A	Body leave-on: body lotion, butter, oil, cream	8.00%	Up to 1.5%
5B	Face leave-on: facial moisturiser, face cream, serum, toner	3.90%	Up to 0.5% — menthol can sensitize facial skin
5C	Hand leave-on: hand cream, hand lotion, cuticle cream	5.90%	Up to 1%
5D	Baby leave-on: baby lotion, baby oil, baby cream, diaper cream	1.30%	Not recommended for baby products — menthol contraindicated for infants
6	Intimate wipes, feminine hygiene products	6.50%	Up to 0.3%
7A	Rinse-off body: shower gel, body wash, shampoo, bath products	3.90%	Up to 2%
7B	Rinse-off hair: conditioner, hair mask, hair rinse	3.90%	Up to 1.5%
8	Intimate leave-on with anogenital exposure	1.30%	Not recommended
9	Rinse-off: bar soap, body wash, scrubs, bath bombs	9.00%	Up to 3%
10A	Home fragrance: reed diffusers, pot pourri, sachets	18.00%	Up to 5%
10B	Room spray, linen spray, air freshener spray	43.00%	Up to 5%
11A	Fabric treatment rinse-off (fabric softener, laundry detergent)	1.30%	Up to 0.5%
11B	Fabric treatment leave-on (dryer sheets, pillow spray)	1.30%	Up to 0.5%
12	Non-skin contact: candles, wax melts, incense	Not Limited	Up to 10%

Note: Maximum usage levels are sourced from an IFRA 51st Amendment Certificate of Conformity for Peppermint Essential Oil (Mentha piperita).

COLOUR KEY

Green	Not Limited — no IFRA restriction in this category.
White	Standard limit applies — use at or below the stated maximum.
Amber	Use with extra caution — sensitive area (lips, baby, intimate). Lower recommended levels apply.
Red	Not Approved / 0% — not permitted in this category.

ADDITIONAL FORMULATION NOTES

Soap makers (Category 9):

Peppermint is one of the most popular cold process soap ingredients. Up to 3% is well within the 9% IFRA maximum. The cooling tingle is beloved in peppermint & tea tree, foot scrub, and spa soap recipes. No acceleration issues in CP soap.

Baby products — important warning:

Peppermint contains menthol which is clinically contraindicated for use near infants and young children (under 2 years). The cooling sensation can cause respiratory distress. Navy Heart recommends NOT using peppermint essential oil in any baby product regardless of the IFRA limit.

Lip products:

Peppermint is widely used in lip balm at low levels (0.5–1%) for a cooling tingle. The IFRA maximum of 6% provides comfortable headroom. Menthol crystallization can occur at very high concentrations in wax-based lip products.

Phototoxicity:

Peppermint essential oil is not phototoxic. No sun-exposure precautions required.

Skin sensitization — peppermint as a sensitizing oil:

Peppermint is classified as Skin Sensitization Category 1 (see SDS Section 2). While the category limits above allow generous headroom in most categories, sensitization risk is cumulative and dose-dependent — patch testing is recommended for new formulations, especially leave-on face and body products, and for customers with known fragrance sensitivities. Combine cautiously with other sensitizing oils (e.g. cinnamon, clove, lemongrass) in the same formulation, as their contributions add together.

Disclaimer: This IFRA compliance document is prepared in good faith based on known typical constituent data for this essential oil and the IFRA 51st Amendment (June 2023). Usage limits are based on typical composition ranges and information derived from supplier testing. It is the responsibility of the formulator to verify compliance for their specific formulation. Navy Heart Essential Oils makes no warranty as to the accuracy or completeness of this information. Always perform your own safety assessment before use in consumer products.

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