

GINGER

Zingiber officinale 15mL

Hot, spicy

Aromatic description

PRIMARY BENEFITS

- Ginger has a hot, spicy and fragrant flavour
- A popular spice used in many dishes from around the world
- Provides a fragrant and soothing aroma

PRODUCT DESCRIPTION

Sourced from Madagascar, dōTERRA Ginger essential oil is derived from the fresh rhizome of the ginger plant, the subterranean stalk of a plant that shoots out the root system.

A featured ingredient in many Asian dishes, Ginger has a hot, fragrant flavour when used as a kitchen spice. In Western tradition, Ginger is most often used in sweets like gingerbread or ginger biscuits.

Ginger essential oil can also be applied topically or inhaled for a soothing aroma.

USES

- During a long car ride, diffuse or place a drop of ginger essential oil in the palm of your hand and inhale.
- When diffused, Ginger blends well with Vetiver, Fennel, Cinnamon Bark and Lemon essential oils.
- Use Ginger essential oil in your favourite sweet and savoury dishes.

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Root

EXTRACTION METHOD:
Steam distillation, CO2 extraction

MAIN CHEMICAL COMPONENTS:
 α -zingiberene, β -sesquiphellandrene



Certified Pure Tested Grade

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