

# Ginger

*Zingiber officinale* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I S

**Plant Part:** Root

**Extraction Method:** Steam distillation

**Aromatic Description:** Hot, spicy, earthy, sweet

**Main Chemical Components:**  $\alpha$ -zingiberene, sesquiphellandrene

## Ginger

*Zingiber officinale* 15 mL

Part Number: 31631813

Wholesale: \$41.50 CAD

Retail: \$55.33 CAD

PV: 41.5

## PRODUCT DESCRIPTION

dōTERRA Ginger essential oil comes from the fresh rhizome of the ginger plant. When used as a kitchen spice, the earthy nature of Ginger adds flavor to a variety of dishes.

## USES

### Cosmetic

- Apply over lower abdomen for a soothing massage.
- Place a drop of Ginger in hands and inhale during car rides.
- Add one drop to warm bath water for a soothing aromatic experience.

### Food

- Combine with Lemon and honey in warm water for a soothing tea.
- Use one drop in place of whole ginger in sweet and savory recipes.
- Household
- Diffuse Ginger for an energizing aroma in the late afternoon.
- During cold seasons, diffuse three drops with two drops Wild Orange for a warming aroma.

## CAUTIONS

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



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