

Ginger

Zingiber officinale 15 mL

dōTERRA™

PRODUCT INFORMATION PAGE



Application:



Plant Part: Root

Extraction Method: Steam distillation

Aromatic Description:

Hot, spicy, earthy, sweet

Main Chemical Components:

α -zingiberene, sesquiphellandrene

PRODUCT DESCRIPTION

Ginger has a long history in cuisine, being featured in many traditional Asian dishes. When added to food, Ginger has a hot, fragrant flavor. When applied topically, Ginger has soothing properties and is a good oil to take on vacation. Due to its warming properties, Ginger is ideal for topical application of diffusion during winter months. Additionally, it has a stimulating and energizing aroma.

USES

- Use Ginger essential oil in your favorite sweet and savory dishes.
- Diffuse with Cinnamon and Coriander for a fall blend.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

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.

PRIMARY BENEFITS

- Warming oil
- Adds bold flavor to your favorite dishes

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Part Number: 31631813

Wholesale: \$41.50

Retail: \$55.33

PV: 41.5

