

# Ginger

*Zingiber officinale* 15 mL

dōTERRA®

Product Information Page



CP|TG®

**Application:** T S

**Plant Part:** Root

**Extraction Method:** Steam distillation

**Aromatic Description:** Hot, spicy

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

Ginger | *Zingiber officinale* 15 mL

## Primary Benefits

+ For skincare

## Description

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. Ginger essential oil can be applied topically.

## Uses

+ Rub onto hands or abdomen for skincare.

## Directions

**Topical use:** Apply 1 to 2 drops to desired area. Dilute with a carrier 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.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

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