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 flavor when used as a kitchen spice. In Western tradition, Ginger is most often used in sweets—gingerbread and ginger snaps being two examples. Ginger essential oil can also be applied topically or inhaled for a soothing aroma.

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.

Ginger
Zingiber officinale 15 mL
Part Number: 31631813
Wholesale: $52.50 CAD
Retail: $70.00 CAD
PV: 43.5

Application: A T I S
Plant Part: Root
Extraction Method: Steam distillation
Aromatic Description: Hot, spicy, earthy, sweet
Main Chemical Components: α-zingiberene, sesquiphellandrene

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