

Ginger

Zingiber officinale 15 mL

dōTERRA® | CANADA

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: α -zingiberene, sesquiphellandrene

Ginger

Zingiber officinale 15 mL

Part Number: 60215186

Wholesale: \$61.00 CAD

Retail: \$81.33 CAD

PV: 51



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.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 120 mL of liquid.

Topical use: When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity.

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.