

# Ginger

Zengiber officinale 15 ml

dōTERRA® | INDIA

Product Information Page



CPTG®

**Application:** A | I | S

**Plant Part:** Root

**Extraction Method:** Steam distillation

**Aromatic Description:** Hot, spicy

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

**Ginger** | *Zingiber officinale* 15 ml

**SKU:** 60220393

## Primary Benefits

- + Ginger essential oil has a hot, spicy and fragrant flavor
- + A popular spice used in many dishes from around the world
- + Provides a fragrant and soothing aroma
- + Use Ginger essential oil as a replacement for dried or fresh ginger in sweets like gingerbread and ginger snaps

## 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.

## Uses

- + Use one drop in place of whole ginger in sweet and savory recipes
- + Ginger essential oil is very useful for baked goods like banana bread and pies

## Directions for Use

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

**For Use in Food:** Add 1 or 2 drops to food.

## 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.