

GINGER

ZINGIBER OFFICINALE 15 ML



PRIMARY BENEFITS

- GINGER HAS A HOT, SPICY AND FRAGRANT FLAVOUR.
- A POPULAR SPICE USED IN MANY DISHES FROM AROUND THE WORLD.
- PROVIDES A FRAGRANT AND SOOTHING AROMA.

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 flavour 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

- During a long car ride, diffuse or place a drop of ginger in the palm of your hand and inhale.
- When diffused, Ginger blends well with Vetiver, Fennel, Cinnamon Bark and Lemon essential oils.
- Use Ginger essential oil in your favourite sweet and savoury dishes.

DIRECTIONS FOR USE

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

Food flavour use: Add 1 or 2 drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

PLANT PART: Root

EXTRACTION METHOD: Steam distillation

AROMATIC DESCRIPTION: Hot, spicy

MAIN CHEMICAL COMPONENTS:

α -zingiberene, β -sesquiphellandrene

