



Ginger Essential Oil

DESCRIPTION: Popular throughout Asia, Ginger has a rich history dating back thousands of years. Diffuse it to soothe and comfort the body.

TOP AROMATHERAPY BENEFITS: relieve • comfort • soothe

AROMA: Hot & Sweet

BLENDS WITH: Cinnamon, Eucalyptus, Orange

INGREDIENTS: Zingiber officinale (ginger) root oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a soothing and comforting aromatherapy experience.

Feel Comfort

Diffuse or dilute and use topically when feeling anxious or experiencing fatigue. Apply diluted to feet to promote feelings of comfort and relief.

Massage

Add 1-2 drops to carrier oil and use for a massage on sore muscles or achy joints. Add ylang ylang for a romantic massage.

Add to Bath

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Healthy Home

Combine with orange and/or clove and diffuse when seasonal threats are high.

Aphrodisiac

Add to a carrier oil and apply to pulse points for a natural aphrodisiac.

Encourage Metabolism

Combine with a carrier oil and apply to wrists and chest when dieting and exercising.

Encourage Relaxation

Dilute and apply to pulse points to encourage relaxation when experiencing PMS symptoms, head tension and stress.

Diffuse or dilute and use topically to encourage relaxation when experiencing nausea, upset stomach, morning sickness, bloating or indigestion.

Long Car Rides/Travel

Add a few drops to a diffuser on long car rides or for trips around town.

DIY AROMATHERAPY BLENDS:

Aphrodisiac: Ginger + Ylang Ylang

Calm & Soothing: Ginger + Bergamot + Patchouli

Curb Cravings: Ginger + Cinnamon + Grapefruit + Peppermint

Fresh & Herbal: Ginger + Eucalyptus + Orange + Rosemary

Get Well Soon: Ginger + Cinnamon + Clove + Orange

Positive Vibes: Ginger + Lemongrass

Relief: Ginger + Clove + Patchouli

Soothing Comfort: Ginger + Canadian Fir

Soothing Escape: Ginger + Orange + Ylang Ylang