



Ginger Essential Oil

Botanical Name : Zingiber officinale

Country of Origin: Sri lanka

Extraction Method: Steam Distillation. The ginger root is macerated and distilled over high heat, from which the oil is extracted.

Plant Part: Root

Strength of Aroma: Medium

KidSafe: N/A

Caution: Dilute before use; May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.



Description:

Zingiber Officinale is native to China and it is grown extensively in other parts of South East Asia such as India, and in some parts of Europe, the Caribbean and West Africa. The ginger essential oil is extracted from the rhizomes of the plant using steam distillation process. This essential oil is nicknamed as 'the oil of Empowerment' as it was used in ancient times to add to the physical powers of the body, mind and soul. Its strong, pungent aroma and warming effect impart it long shelf-life. Known as effective anti-bacterial, anti-inflammatory, anti-toxic and much more, this essential oil is universally acclaimed aromatherapy solution. It blends well with a number of woody oils such as Cassia, Atlas, Cinnamon, etc. In Indian Ayurveda, ginger essential oil is recommended for inhalation in a diffused state to enhance confidence levels in the user. This oil has decongestant property too and it is applied on chest to cure bronchitis symptoms.

Direction:

- 3 drops Ginger Essential Oil,
- 2 drops Peppermint Essential Oil, and
- 3 drops Grapefruit Essential Oil

Blend and diffuse these oils to treat upset stomach and to treat nausea caused due to acidic reflux.

When mixed with 2 drops each of Wild Orange and Ylang Ylang Essential Oils, this essential oil can be used for attaining calmness, emotional balance and in fighting depression.

2 drops each of Sage, Eucalyptus, Ginger and Tea Tree are blended and diffused together to provide relief from stubborn cough and thus, helps in decongestion of the respiratory tract.

One can also make a homemade facial scrub by mixing 10 drops of lime essential oil and ginger oil in ½ cup each of brown sugar and a carrier oil.

This mixture has distinct exfoliating property and is used for scraping dead skin off the body for achieving better skin quality.

Blends Well With:

Orange, Spearmint, Ylang-ylang

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