

Discover...

## Ginger

Zingiber officinale

Food Grade, Steam Distilled

*Warming, Spicy, Energizing*

**Fresh, spicy, woody aroma useful for easing muscle aches, lessen nausea, and support the spirit**

Ginger oil is stimulating and warming and often used to enhance concentration. Ginger was nicknamed “Oil of Empowerment” for the feeling of confidence it is known to inspire. The essential oil is complex with hints of lemon and spice as well as earthy notes. The spicy, sweet aroma is used in cosmetics and perfumes and is popular in men’s fragrances. Ginger is also useful in treating digestive ailments. It can be used in a tea to help fight nausea or settle the stomach and is commonly used to lessen the feelings of motion sickness. The oil is also used to stimulate the appetite, while boosting digestion. During the winter, diffuse ginger oil to warm spirits and lighten moods. Ginger is commonly used in Chinese medicine to strengthen the heart and improve circulation. Greeks and Romans both used ginger for its aphrodisiac potentials. The interesting history of ginger includes its travel in the spice trade from Asia to Europe. Ginger is used all over the world as a flavoring agent in confections as well as in savory foods.

**Topically\*:** Combine ginger oil with a carrier oil and use to massage the skin and scalp to create a warming and relaxing sensation. May also be used as a compress, or in massage to ease aches and pains.

**Aromatically:** Smelling the aroma by placing a small amount of the oil onto a cotton ball and taking a few sniffs for instant relief of nausea. The oil can also be used in a diffuser to add a warming scent to your home during winter or to ease the symptoms of a cold.

### **Blends well with...**

**Cedarwood** for a warming, woody aroma

**Geranium** to create a fresh scent

**Orange** to ease anxiety

**Bergamot** for rejuvenation

**Lemon** to energize

**Patchouli** for a complex woody scent

**More Tips & Common Uses:** Ginger root is thought to create clarity in the mind and enhance strength. It is also commonly used to treat digestive problems such as heartburn, indigestion, stomach cramps, diarrhea, and nausea. Ginger has also been used to treat colds, respiratory conditions, motion sickness, arthritis, and menstrual pains.

\* Pure essential oils are very potent. We strongly recommend diluting them when applying topically to avoid any potential skin sensitivities. Please refer to our Essential Oil Safety Guidelines for more information.

**Disclaimer:** The information provided here and throughout our website is for educational purposes only and is not intended to treat, cure, or diagnose any condition. This information is not intended as a substitute for consulting with your health care provider. It’s best to consult with a healthcare professional before using any essential oil during pregnancy or before using essential oils with children.