

# Ginger

*Zingiber officinale* 15 mL

# dōTERRA<sup>®</sup>

PRODUCT INFORMATION PAGE



Application: **A** **T** **I** **S**

Plant Part: Root

Extraction Method: Steam distillation

Aromatic Description: Hot, spicy

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

## PRIMARY BENEFITS

- Can be used in cooking
- Diffuse for a soothing aroma

### Ginger

*Zingiber officinale* 15 mL

Part Number: 31630406

Wholesale: HK\$380.00

Retail: HK\$630.00

PV: 48.5

## PRODUCT DESCRIPTION

Newly 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. 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.
- Apply over lower abdomen for a soothing massage.
- Use Ginger essential oil in your favorite sweet and savory dishes.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## 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.

