



# Ginger

## *Zingiber Officinale Roscoe* Essential Oil

This warming oil is often used for digestive problems, as well as nausea.

Size: 15ml

Size: 5ml

### APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

### Primary Benefits

May aid in occasional nausea, can relieve poor circulation and muscle aches, aids in healthy digestion, may aid in reducing bloating, gas, and occasional indigestion.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

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

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Warm, spicy, earthy, sweet

### Collection Method

Steam Distillation

### Plant Part

Root

### Main Constituents

a-pinene, camphene, b-pinene, a-zingiberene, sesquiphellandrene

### Description

Asian medicine uses dried ginger for stomach problems such as stomach-ache, diarrhea, and nausea. Ginger oil is well suited to help ease colds, flu, morning sickness, motion sickness, and muscle aches. Ginger has a very strong, hot, rich flavor when used in the kitchen. It is most often used in sweets - specifically gingerbread. Certain studies have shown Gingers benefit on joint health, but it is most commonly known for promoting healthy digestion and easing occasional indigestion and nausea. This warming oil is helpful with feelings of loneliness and winter depression.

### Uses

- Diffuse to relieve lethargy, nausea, colds, and flu
- Apply over the lower abdomen for a soothing, calming massage
- Use with a hot compress to aid in arthritis, rheumatism, muscle aches and digestive upsets
- If pregnant, inhale or apply topically on feet to aid in feelings of nausea
- Add Ginger essential oil to your favorite sweets and savory dishes
- Diffuse in a car if feeling car sick

### Properties

Antiseptic, Stimulant, Laxative and Tonic

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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