

Natural Essential Oils for Mind, Body & Soul

Ginger

We at Meraki Essentials call Ginger Essential Oil the "Reenergising Potion" as it is an extremely familiar, herbaceous & therapeutic aroma helps reenergise, balance & provide an emotional boost to the mind & soul.



Essential Oil of Ginger is obtained from steam distillation of the unpeeled or dried ground up roots of the Zingiberaceae Officinale plant. Ginger Essential oil has a Spicy, warm, sharp & revitalising aroma and is used to reenergise & revitalise the body, mind & soul.

Diffusion may help in :

- * Grounding,
- *Stimulating, *Reducing Nausea, *Relieve cold, cough, flu, * Improving breathing,
- *Relieving anxiety, *Acting as an aphrodisiac, *Empowerment, *Fighting Powerlessness, *Relieving Stress, *Breaking apprehension

Massage with carrier oil may help in :

- * Reducing bloating & gas, *Stimulating proper digestion, *Relieving pain, *Increasing blood circulation, *Fighting Free radicals,
- *Improving Liver functioning, *Relieves symptoms of menstruation, *Providing warmth, *Relieving inflammation,
- *Strengthen heart, *Relief in vertigo, *Natural Antiseptic

How to use Essential Oils?

It is important for a user of Essential Oils to acquire knowledge before using them so as to be able to use them safely and to get desired results. There is plethora of information available on each essential oil, its benefits, and usage, in books and on the internet.

Informed use of essential oils can derive immense benefits to mind, soul & body.

In general, essential oils are used as under:

- * Blend 20 - 30 drops of an essential oil with 50 ml of carrier oil & massage gently on skin and hair.
- * Add a few drops to bath water to reap benefits.
- * Use 4-5 drops of essential oil in water, diffuse & witness wonderful fragrances that bring delight to the mind & soul.

Be careful not to use higher quantities

Precautions: Avoid during pregnancy * Use sparingly * Do not use undiluted on skin * Patch test recommended before use * May cause allergy to sensitive persons in which case discontinue use immediately * Avoid contact with eyes & mouth * Essentials oils are flammable * Store in a cool & dry place, away from sunlight * Keep out of reach of children * Use within three months of opening the bottle * For external use only * Not for ingestion

www.merakiessentials.com

Be sure that you are buying high-quality pure essential oil.