



GINGER ROOT Essential Oil - Fresh



Botanical Name: *Zingiber officinale*

Main Constituent:

Zingiberene: >10%

Plant Part: Root

Origin: Indonesia

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

Child Safe: Yes

Description / Color / Consistency: A thin, pale yellow to yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note with a medium aroma, Ginger Essential Oil has a warm, spicy, woody scent with a hint of lemon and pepper.

Blends With: [Bergamot](#), [Cardamom](#), [Black Pepper](#), [Spearmint](#), [Orange](#), [Tangerine](#), [Sandalwood](#), [Amyris](#), [Ylang-ylang](#), and other spice oils.

Product Abstract: Ginger is a perennial herb that grows to about 3 - 4 feet high (approximately 1 meter). It has a characteristic thick spreading tuberous rhizome.

Typically, Ginger Essential Oil can be useful in blends and formulations intended to help improve circulation. It's a frequent addition to blends for massage, arthritis and muscle aches and pains. Ginger Oil can help to ease nausea and motion sickness. Emotionally, I find Ginger Essential Oil energizing and uplifting. It is considered an aphrodisiac. Its aroma is a wonderful addition to blends especially formulated for men (women love it too).

SUBTLE AROMATHERAPY

- Ginger is warming, strengthening and encouraging. The scent of ginger will increase determination and clarity. It is recommended for conditions associated with loss of motivation, will or inner strength, especially when these present apathy, listlessness, indecision, confusion and disconnection.

Therapeutic Properties

Analgesic: Ginger is used in traditional medicine for relief of pain and inflammation (Carrasco *et al.* 2009).



Anti-inflammatory: Ginger is used in traditional medicine for the relief of pain and inflammation (Carrasco *et al.* 2009). It inhibits the synthesis of pro-inflammatory cytokines and precursors of inflammation and is thought to have potential in the treatment of osteoarthritis (Rahmani, Al Shabrmi and Aly 2014).

Antiemetic: Topical application and inhalation of Ginger can relieve nausea and vomiting (Geiger 2005; de Pradier 2006).

Antioxidant: Ginger is a potent antioxidant (Miguel 2010, Shaaban, El-Ghorab and Shibmato 2012, Rahmani, Al Shabrmi and Aly 2014).

Antispasmodic: Riyazi *et al.* (2007) established that Ginger essential oil and some of its components can elicit antispasmodic effects.

Carminative: In traditional medicine, Ginger is well known for its ability to support digestion and prevent gas.

Diaphoretic: In traditional medicine, Ginger is used to promote perspiration and help the skin eliminate waste.

Expectorant: Franchomme and Péroël (1990) suggest that it's a bronchodilator useful for chronic bronchitis.

m

Immunostimulant: Ginger can support the immune response (Carrasco *et al.* 2009, Schmidt *et al.* 2009).

Rubefacient: Application to the skin is stimulating and can result in an increase in local blood flow. It acts as a counterirritant to reduce pain and swelling.



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

****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.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).



Warming: Ginger and its essential oil are well regarded as warming, aromatic remedies that alleviate conditions that arise from internal moisture, such as diarrhea or excess mucus, and conditions resulting from external moisture (damp, perhaps wintry conditions), such as rheumatism.