



Ginger Essential Oil

DESCRIPTION: Popular throughout Asia, Ginger has a rich history dating back thousands of years. Diffuse it to soothe and comfort.

TOP AROMATHERAPY BENEFITS: relieve • comfort • soothe

AROMA: Hot & Sweet

BLENDS WITH: Cinnamon, Eucalyptus, Orange

INGREDIENTS: Zingiber officinale (ginger) root oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a soothing and comforting aromatherapy experience.

Gentle Massage

Add 1-2 drops to carrier oil and use on sore muscles or achy joints. Add ylang ylang for a romantic massage.

Add to Bath

Add a few drops to a warm bath for a relaxing soak.

At Home

Combine with orange and/or clove and diffuse when seasonal threats are high.

Set the Mood

Add to a carrier oil and apply to pulse points to set the mood.

Healthy Habits

Combine with a carrier oil and apply to wrists and chest for encouragement when dieting and exercising.

Encourage Relaxation

Add to carrier oil and apply to temples and/or neck to encourage relaxation when feeling tension or stress.

Combine with carrier oil and peppermint and apply to stomach to encourage relaxation.

Long Car Rides/Travel

Add a few drops to a diffuser on long car rides or for trips around town.

Feel Comfort

Diffuse or dilute and use topically when you need a pick me up. Apply diluted to feet to promote feelings of comfort and relief.

DIY AROMATHERAPY BLENDS:

Calm & Soothing: Ginger + Bergamot + Patchouli

Curb Cravings: Ginger + Cinnamon + Grapefruit + Peppermint

Fresh & Herbal: Ginger + Eucalyptus + Orange + Rosemary

Get Well Soon: Ginger + Cinnamon + Clove + Orange

Motivation: Ginger + Basil + Bergamot + Clove

Positive Vibes: Ginger + Lemongrass

Relief: Ginger + Clove + Patchouli

Soothing Comfort: Ginger + Canadian Fir

Soothing Escape: Ginger + Orange + Ylang Ylang

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute at a 1 to 5 ratio with carrier oil to use topically.

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.