

Ginger- *Zingiber officinal*

Code: T113

Vol.: 10ml

Country of Origin: Nigeria

About the oil

Distilled From: Steam/Water distillation of the dried, unreeled, freshly ground roots.

Aroma & appearance: Sweet-spicy, warming and earthy. Pale amber to amber colored liquid.

Some beneficial ways of enjoying the oil:

- For a warming, stimulating bath in cold weather, blend 2 drops of Ginger, 3 drops of Orange and 1 drop of Patchouli in a teaspoon of Coconut oil and add to the warm water.
- Ginger is also a useful addition to massage blends, particularly before or after exercise. Try 2 drops Ginger, 1 drop Black Pepper and 1 drop Marjoram blended with 10ml of Grapeseed oil and massage muscle areas thoroughly.
- Feeling nauseous from travelling or over indulgence, drop two drops of ginger on a cotton ball and smell at regular intervals.

This ginger is grown in West Africa, and is transported to the UK for distillation, producing an excellent quality essential oil. There are many other sources around the world, as Ginger grows easily in tropical and sub-tropical regions and its roots are widely used as a spice. This prized UK-distilled ginger oil is extracted from cells just beneath the epidermis of the rhizome of well-dried ginger.

Did you know?

Some records show that in Senegal women weave belts of the powdered Ginger to arouse the dormant senses of their husbands!

Key Search words: Warming, stimulating, invigorating, every day aches and pains.

Safety Data

Ginger may irritate those with sensitive skin and should be used in moderation by those with high blood pressure.
