

## **GINGER**

*Zingiber officinalis*

A warming stimulant

<b>Source:</b>	China
<b>Extraction:</b>	Steam distillation of dried, ground rhizome or root.
<b>Blending Factor:</b>	2
<b>Odour Note:</b>	Base

### **Characteristics:**

Ginger is a pale amber to green tinged yellow fluid, darkening with age. Odour is fresh, warm woody/spicy with green top note and rich, sweet, tenacious resinous floral base.

### **Safety Precautions:**

To be used in low dilution (1%) only, as it may cause sensitising in some people. But if used as stated above it is non-toxic and non-irritant. The oil is slightly phototoxic and should not be used as massage oil component before exposure to sun or solarium rays.

### **History:**

Originally from India, ginger was used as a spice and is mentioned in earliest Sanskrit literature. It was valued by the ancient Greeks who imported it from the east. The earliest Chinese record is from Confucius around 500 BC who claimed never to eat a meal without ginger. This oil was introduced into Europe by the Arabs between 10<sup>th</sup> and 15<sup>th</sup> centuries.

### **Therapeutic Actions:**

Analgesic, digestive stimulant, aperitif, carminative, expectorant, general tonic, febrifuge, diaphoretic

### **Enhances:**

Endurance, vitality, confidence, warmth, sexuality, mental clarity.

### **Reduces:**

Coughs, colds, flu, nausea, travel sickness, mental fatigue, apathy, impotence.

### **Uses:**

**Digestive system:** Flatulence, diarrhea, appetite stimulant, motion sickness

**Immune system:** Coughs, colds, flu, bronchitis, catarrh

**Musculoskeletal system:** Rheumatism, arthritis, sprains, strains

**Nervous System:** Nervous exhaustion

**Respiratory System:** Catarrh, congestion, coughs, sinusitis, sore throat.

### **Methods for use:**

#### **Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

## **Bath**

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

## **Vaporiser**

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

## **Footbaths**

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

## **Blends well with:**

Cajeput, Cedarwood, Citrus Oils, Eucalyptus, Frankincense, Geranium, Neroli, Patchouli, Peppermint, Rose, Rosemary, Rosewood, Sandalwood, Tea Tree, Thyme and Vetiver.

<b>Digestive problems</b>		<b>Motion Sickness</b>		<b>Arthritic/Rheumatic Pain</b>	
Ginger	1	Ginger	1	Ginger	1
Bergamot	3	Lavender	2	Marjoram Sweet	2
Peppermint	1	Peppermint	1	Lavender	5
Total drops	4	Total drops	4	Total drops	8
Compress in bowl		Carrier Oil	8 ml	Carrier Oil	16 ml
of hot/warm water		Or on a tissue		Or compress hot water	