

Ginger Essential Oil

Botanical Name

Zingiber officinale

Strength of Initial Aroma

Medium - Strong

Aromatic Description

Warm Spicy Aroma

Blends Well With

Citrus, Woodsy, Floral and Other Spicy Aromas

Ginger Essential Oil Uses

- Aching Muscles
- Arthritis
- Nausea/Motion Sickness
- Indigestion
- Poor Circulation
- Nervous Exhaustion
- Eases Jet Lag
- Promotes healthy digestive, immune and circulatory systems

Sources: www.aromaweb.com Ginger EO Monograph

Ginger Essential Oil Safety Information

Tisserand and Young do not indicate any known hazards for Ginger Essential Oil. Some sources do indicate that Ginger Oil is phototoxic. However, Tisserand and Young state that "Low-level phototoxic effects reported for ginger oil are not considered significant (Opdyke 1974 p. 910-902)." Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 295.]

This essential oil poses a higher risk of causing irritation and sensitization when used in the bath. Avoid using it in the bath, even if it is solubilized/diluted.

This profile pertains to the essential oil and not the CO2 extracts. Ginger CO2 Extracts contain constituents not present in the essential oil. Select and Total Ginger CO2 Extracts can be significantly stronger and more irritating and should be used with extreme care.

May lower blood sugar levels. Stop 2 weeks prior to surgery. May inhibit blood clotting do not use if on any blood thinner medications.

As cited per www.aromaweb.com Ginger EO Monograph

Other sources: www.healthline.com

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.

kid friendly