

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Ginger Root Essential Oil

Botanical Name: *Zingiber officinalis*

Plant Part: Root

Extraction Method: Steam Distilled

Origin: China

Color: Pale yellow liquid.

Consistency: Thin

Note: Middle/base

Strength of Aroma: Very strong

Aromatic Scent: Ginger Root Essential Oil has a Warm, fresh, woody-spicy, and pungent, with a sweet, heavy, rich and tenacious undertone.

Blends well with: Caraway, Cardamom, Cedarwood, Cinnamon, Clove, Coriander, Bergamot and other citrus oils, Eucalyptus, Frankincense, Geranium, Labdanum, Myrtle, Neroli, Patchouli, Rose, Rosemary, Sandalwood, Spearmint, Verbena, Vetiver

Common uses:

Aching muscles, arthritis, nausea, poor circulation.

Cautions:

Ginger Essential Oil can irritate sensitive skin. Tisserand and Young do not indicate any known hazards for Ginger 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

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

