QUICK REFERENCE SHEET

GINGER

Zingiber officinale

Plant Family: Zingiberaceae

Extraction Method: Steam Distilled

Part Utilized: Root

Region of Origin:

China

INGREDIENT IN:

LeDiminish, LeExhilaration, LeFocus, LeLiteN, LeTransition, LeWithIn, LeZest For Life

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Ginger is for the usually dynamic individual who has lost drive and ambition and has become apathetic and confused. The emotional impact of Ginger is absolutely uncompromising. It insists on burning away illusions and mis-perceptions and replacing them with clarity and vision.

Ginger insists that we take the initiative and be willing to tackle and complete the hard tasks facing us in our life. The aroma of Ginger strengthens our will power, activates initiative, and restores our determination. It can boost our confidence in ourselves and give us additional vitality and ambition.

PHYSICAL ASPECTS:

Ginger warms the body and the soul, helping one to tap into hidden reserves of energy. Ginger has been widely recognized since ancient times as being toning and stimulating to the digestive tract and for circulation. Because it increases capillary strength and circulation, it is of benefit to a long list of physical and mental complaints. A few unusual ones are: alcoholism, loss of appetite, impotence, memory loss, and motion sickness.

Ginger seems to be an oil that is well-suited to use during the fall and winter months because of its warming properties.

GENERAL INFORMATION:

Ginger mixed with Lime is one of my favorite combinations in aromatherapy. I prefer the milder, steam distilled version, for mixing with Lime. I enjoy the combination for the emotional and physical lift it provides. This mixture also disinfects and purifies while leaving a uniquely pleasant aroma behind.

AFFINITY FOR:

circulation, memory, digestive system, small intestine, stomach meridian, base chakra

THERAPEUTIC PROPERTIES:

antiseptic, stimulant, stomachic, aphrodisiac, febrifuge, expectorant

AROMATIC CONSIDERATIONS:

Ginger essential oil increases physical energy and stamina. It influences how we relate to money and how we feel about our material possessions. Ginger essential oil has long been considered to be an aphrodisiac.

APPLICATION:

Ginger is extremely strong—the CO_2 extraction being stronger than the steam distilled version. Ginger, in both forms, must always be diluted very well and care should be taken to get only one drop if using either one in the bath.

CAUTIONS:

Ginger is extremely potent, almost caustic. Undiluted or used too often, it may irritate sensitive skin. Ginger is phototoxic, really—one of the few essential oils I worry about the sun with much; you must avoid direct sunlight on skin to which it has been applied for about 12 hours. Never use more than 1 drop in the bath. Ginger opens the capillaries so quickly that a severe headache can result if more than a single drop is used—even with the milder steam distilled version.

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