

## Ginger

(*Zingiber officinale*) Botanical Family: *Zingiberaceae*

Perennial herb over 1 metre high, with yellow and purple flowers, long thin leaves and the rhizome growing underground.

**Plant Part used:** fresh or dried rhizome

**Method of Extraction:** steam distillation

**Countries of Production:** India, China, West Indies

**Fragrance:** characteristic of ginger

**Note:** middle to base

**Main Chemical Components:**

$\alpha$ ,  $\beta$ -zingiberene, geranial, ar-curcumene, 1,8-cineole, neral

**General Effect:** stimulating, warming



### Indicated for:

#### *The Face*

Not used in facial treatments

#### *The Body*

aches and pains  
chilliness  
circulation stimulating  
digestive problems  
fatigue  
sluggishness  
stiffness  
stimulating

### Body Blending Guide:

Bergamot, cedarwood, frankincense, geranium, jasmine, mandarin, marjoram, orange, palmarosa, patchouli, petitgrain, rose maroc, sandalwood, ylang-ylang

### Contra-indications:

Can cause irritation – use with care.

Avoid using in water-immersion methods.

### Purchasing Guide:

**Price Range:** medium