

GINGER (ZINGIBER OFFICINALIS)

Botanical Name: Zingiber officinalis

Botanical family: Zingiberaceae

Origin: Thailand.

Plant Description: Ginger is a perennial herb and grows to about 3 - 4 feet high with a thick spreading tuberous rhizome. Every year it shoots up a stalk with narrow spear-shaped leaves, as well as white or yellow flowers growing directly from the root.

Extraction Method: The oil is extracted by means of steam distillation from the unpeeled or dried, ground-up root (rhizome) of the plant. The aromas of the dried root distillation and fresh root distillation are quite different. The fresh root oil has a green note where the dried root oil has a earthy, grounding notes.

Color: Ginger oil can vary in color from pale yellow to a darker amber color.

Consistency: Viscosity also ranges from medium to watery.

Note: Middle Base

Principal Constituents: a-pinene, camphene, b-pinene, 1,8-cineole, linalool, borneol, γ-terpineol, nerol, neral, geraniol, geranial, geranyl acetate, b-bisabolene and zingiberene.

Therapeutic & Emotional Benefits:

Its warming qualities are good for Energizing and Comforting massage oil blends. It helps alleviate feelings of depression, stress and anxiety.

Ginger oil is well suited to help ease colds and flu. It is also valuable against muscle aches and pains, as well as poor circulation.

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