

PLAI (ZINGIBER CASSUMUNAR)

Botanical Name: Zingiber cassumunar

Botanical family: Zingiberaceae

Origin: Thailand

Plant Description:

Extraction Method: The oil is extracted by means of steam distillation from the unpeeled or dried, ground-up root (rhizome) of the plant.

Color: Dark yellow to light orange

Consistency: Thin and runny

Note: Base

Principal Constituents:

Therapeutic & Emotional Benefits:

Plai oil is one of the most powerful muscle relaxant. It is useful in post-Sport blends to relieve aches and strain. It is highly effective to relieve pains. In addition to its analgesic effect, Plai has strong anti-inflammatory properties and has a cooling effect.

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