



Name	Latin Name	Origin
Ginger	Zingiber officinale	Thailand
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$27	
Part of plant	Safety note	Conservation Status
Rhizomes	<p>Be cautious on sensitive skin. Use small amounts and increase dosage if necessary, instead of the other way around. No side effects expected at the recommended dose. Ginger is hardly phototoxic, but if used in combination with citrus varieties, it can enhance their effect. Be cautious with topical application during use of blood thinners, although it is unlikely that ginger will enhance the effect of those when used externally.</p> <p>The usual dosage for topical application in adults is 0.5-2% up to 3% on small local areas, up to 2% in a chest ointment. Use 50-75% of this for elderly and in pregnancy, depending on indication. Children: use 10% (0-2Yr), 50% (2-7 Yr) And 75% (7-12Yr) of recommended dose for adults.</p>	<p>No status of concern</p> <p>Not listed with a conservation status.</p>

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Sesquiterpenes and monoterpenes rich. 	<ul style="list-style-type: none"> • Anti-inflammatory • Antibacterial • Antiviral • Eases with nausea and vomiting. • Pains and aches and inflammation of the musculoskeletal system • Circulation improvement • Lack of warmth, winter hands and feet, restless legs, cramps and spasm of the abdomen • Can ease constipation • Used for chronic inflammatory process of the airways

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p>	

1st component synergy
Zingiberene (antitumoral, gastroprotective).

1st essential oil synergy combination
turmeric.

2nd component synergy
ar-Curcumene, β -sesquiphellandrene, camphene
(anti-inflammatory, antinociceptive, antimicrobial, antioxidant, antitumoral, antiviral, expectorant, gastroprotective, insect repellent, larvicidal).

1st essential oil synergy combinations
helichrysum.

2nd essential oil synergy combinations
amyris, black spruce, hemlock, maritime pine, Siberian fir.

Potential psychological therapeutic solutions
Anxiety, low mood, lack of mental clarity: amyris, rose, sandalwood, vetiver
Depression, low mood, lethargy: amyris, angelica root, bergamot, black pepper, combava peel, coriander seed, frankincense, galangal, grapefruit, golden champaca, helichrysum, jasmine sambac, lime, palmarosa, turmeric, nagarmotha, patchouli, Siberian fir, ylang ylang, yuzu .

Potential psychological therapeutic solutions
Digestive discomfort, spasm: clary sage, coriander seed, galangal, lime, peppermint, spearmint, sweet fennel, sweet marjoram, sweet orange
Digestive support: black pepper, long pepper, turmeric
Dysbiosis: bitter orange, caraway seed, cardamom seed, lime.
Nausea: coriander seed, tarragon
Immune support: clove bud, frankincense, lemon, lemongrass, turmeric, patchouli
Musculoskeletal pain, inflammation: Atlas cedarwood, black pepper, bergamot, galangal, geranium, ghandi root, juniperberry, lavender, lemon, lemongrass, may chang, rosemary, turmeric, yuzu
Osteoarthritis: bay laurel, black spruce, cardamom, coriander seed, frankincense, juniperberry, lemongrass, Norway pine, nutmeg, plai, rosemary, Scots pine, sweet marjoram, sweet orange, turmeric, Utah juniper, Virginian cedarwood
Respiratory congestion, inflammation, bronchoconstriction: black spruce, cardamom, fennel, galangal, hemlock, kewra, lemon, maritime pine, plai, rhododendron, rose abs., rosemary, Siberian fir, sweet marjoram, rosemary, yuzu

References
Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes

Psychological rankings

Physical rankings

Middle

Sensual

3 Circulatory/Lymphatic

2

Energising

3 Digestive

3

Muscular/Skeletal

2

Ingredient notes

LabAroma.

Chemical families

sesquiterpenes	36.48%
monoterpenes	27.71%
aldehydes	10.69%
oxides	7.4%
monoterpenols	5.67%
esters	2.14%
ketones	0.89%
sesquiterpenols	0.13%

Complete chemical breakdown

sesquiterpenes

α -zingiberene	15.48%
β -sesquiphellandrene	7.85%
α -curcumene	4.96%
β -bisabolene	3.81%
α -farnesene	2.91%
α -muurolene	0.98%
β -elemene	0.49%

aldehydes

geranial	6.33%
neral	4.17%
citronellal	0.09%
farnesal	0.04%
myrtenal	0.04%
octanal	0.02%

monoterpenes

camphene	18.08%
α -pinene	4.38%
limonene	2.37%
β -myrcene	1.95%
tricyclene	0.37%
terpinolene	0.34%
p-cymene	0.15%
sabinene	0.07%

oxides

1,8 cineole	7.4%
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monoterpenols

geraniol 2.29%

borneol 1.14%

α -terpineol 0.9%

linalool 0.69%

citronellol 0.41%

nerol 0.16%

fenchol 0.04%

myrtenol 0.04%

ketones

6-methyl-5-hepten-2-one 0.76%

camphor 0.13%

esters

geranyl acetate 1.68%

bornyl acetate 0.46%

sesquiterpenols

elemol 0.13%
