



## Essential oils to celebrate the Year of the Pig

Ginger and Jasmine absolute are the 2 oils that remind me of the Chinese New Year celebration. The flower and root respectively of these 2 plant sources have been used for centuries by the Chinese in TCM (Traditional Chinese Medicine).

**Common Name:** Ginger

**Botanical Name:** *Zingiber officinale*

**Plant Part used:** Rhizome (Root)

**TCM use:** rheumatism, toothache, digestive disorders, colds and moist yin condition

**Aromatherapy use:** improve circulation = cold hands and feet, morning sickness, stabilizes after emotional upsets

**Western folklore use:** to attract money and success

**Common Name:** Jasmine

**Botanical Name:** *Jasminum grandiflorum*

**Plant Part used:** Flowers

**TCM use:** hepatitis, liver problems, skin ulcers, headaches, muscle pain

**Aromatherapy use:** mild analgesic = musculoskeletal pain, post-natal depression, emotional disconnection, aphrodisiac

**Western folklore use:** to attract love and money

### Jasmine~Ginger Warming Body Oil

Especially good for SAD (Seasonal Affective Disorder) (Jasmine) and to improve circulation (Ginger). Combine the two and you have a blend that uplifts the spirit and warms the body.

Jasmine absolute	2 drops
Ginger	4 drops
Base oil	10ml

1. Fill up a 10ml amber glass bottle with a cold pressed vegetable oil (base oil of your choice)
2. Add the essential oils and shake very well before use

**Shelf life:** Your blend should last 6 months provided the lid is closed properly and stored in a cool dark place.

Important: The information given does not replace medical advice or opinion.

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