

Practical Potions An Aromatic E Course

Unit 4F The Zingiberaceae Family The Devas of Spice



Transformational Step

“We are the Balm”



The spicy and soothing Devas of the Ginger family are warming and have analgesic properties. They deliver heat to the body and soothe muscles.

This ginger deva brings so much relief!

Use this balm as a tummy rub, for relieving gas and bloating.

Rub onto shoulders, neck and temples to lessen tightness and strain.

It is also useful for diminishing headaches that are related to overeating or digestion issues. Rub onto temples, back of head and tummy for digestion- based headaches.

Rub Me Gingerly-Healing Balm

20 mls coconut oil-melt gently

2 mls ginger root essential oil

5 drops nutmeg.

Add essential oils to coconut oil, as it cools.
Stir well.

Pour into small glass ointment jar and let cool before applying the lid.

Ensure there are no ginger or nutmeg allergies before using this balm.

You may use this balm as a tummy rub, for headaches or for painful muscles.

As with all coconut oil based products keep refrigerated or in a cool place to ensure it is hard. If it melts just shake well to integrate oils and scoop up a bit with a sterile spoon. It will still work, as nicely, it is just messier.



Exercise

Create the recipe.

What do you like about this recipe?

What might you change for next time?



Share your favorite gingerbread recipe in your face book forum.

Do you like ginger as a flavor?

Do you have any particular memories of it?

Exercise

Fill out Scent Impression Sheets for as many members of this family as you are able. Use the Scent Impressions Sheet that you downloaded from within the Unit 2E Guide.

For ease, you can also download another copy by [Clicking Here](#)

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