

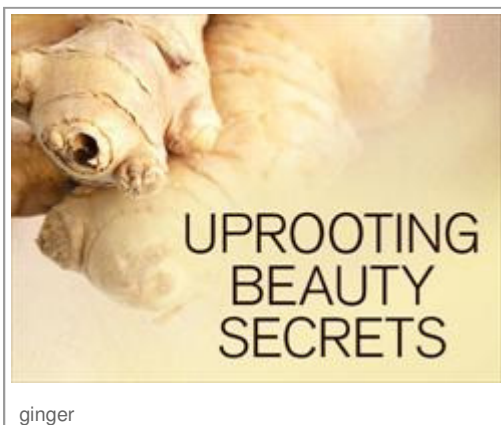
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BEAUTY



Ginger: The beauty secret that is good for your inside and out

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Warming body and soul with this secret beauty ingredient

by Lisa Kasanicky
ArizonaSpaGirls.com

Got a belly ache? Down a ginger ale. A touch of nausea? Gnaw on a hunk of raw ginger.

Cramps? Sip on warm ginger tea.

In both its fresh and dried forms, this pungent root (which is actually not a root, but is instead the rhizome of the plant if you want to get technical) is the darling of culinary and health

aficionados alike as a seasoning and natural digestive aid.

And because it boosts circulation, the oils of this deeply warming and aromatic plant has also sneaked its way into a host of beauty products.

From high-end skincare serums to bath and body treats spiked with holiday aromas, here are few ginger-spiced products that we uprooted from the beauty shelves.

Combat stubborn skin blemishes with **DoshaCare Ama Release Tonic**.

Based on Ayurvedic skincare principles, this tonic contains a complex of ginger, lime and salicylic acid that treats blemishes and breakouts. \$32 at DoshaCare.com.

Spoil your skin with the new **Brightening Serum** (\$110) and **Brightening Moisturizer** (\$100) from the June Jacobs Spa Collection.

Zingiber Officinale (AKA, ginger) is part of a botanical blend found in this luxurious duo that replenishes moisture, restores skin resilience, combats future moisture loss and results in a youthful radiance. Available at select spas and JuneJacobs.com.

Invigorate your bathing experience with **C.O. Bigelow Ginger Mentha Warming Body Wash** (\$12) and **Ginger Mentha Double Ginger Bath Fizz** (\$5). Ginger and peppermint oil extracts collide for a deeply warming and fragrant bouquet for the body. Available at BathandBodyworks.com.

Prep your skin for a night out with ginger-infused **Delicious Scrub** from Sothys Aroma-Sothys collection. Spicy essential oils like ginger and mandarin leave skin dewy and deliciously scented. \$44 at SpaLook.com.

Reward yourself with a spa interlude using **Elemis Exotic Lime & Ginger Salt Glow**. Used at spas throughout the world, this intoxicating sea salt scrub calls on ginger to stimulate the metabolism and lime to purify the skin. \$58 at Nordstrom.com.

Pump up your pout with cult beauty favorite **Lip Venom** from DuWop. A not-so-secret blend of ginger and cinnamon essential oils create a spicy, tingly gloss that makes lips appear full and pretty. \$16 at Sephora.com.

Spice up your shower with bottled holiday aromas from Philosophy. The festive gingerbread house kit comes with gingerbread, gumdrop, sweet creamy frosting and cinnamon hot dots high-foaming suds (\$30) while subtle hints of ginger spike up **Philosophy's Pumpkin Spice Muffin** 3-in-1 shampoo, shower gel and bubble bath

(\$16). Available at philosophy.com.

Beauty Tips:

- Add 1/4 cup minced fresh ginger to your bathtub for a warm, invigorating soak that boosts circulation.
- Mix 2 to 3 drops of ginger essential oil with a carrier oil such as safflower, grapeseed or olive oil and massage into sore muscles.
- Chew on a few pieces of dried ginger after a meal to freshen breath.

At the Spas:

- Lemongrass-Ginger-Bamboo Body Scrub at [Par Exsalonce Salon & Day Spa](#), Scottsdale (50 minutes, \$100).
- Aromatherapy Yang (Energizing) Massage with lemongrass and ginger oils at [Eurasia Spa](#) at the Scottsdale Resort & Athletic Club (50 minutes, \$110).
- The Ginger Rub Massage at [Bliss Scottsdale](#) at the W Hotel (135 minutes, \$250).

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