

# Geranium

PELARGONIUM GRAVEOLENS

This oil works wonders for wrinkles and is also indicated for troubled and sensitive skin, as well as broken capillaries. It also works well in reducing edema and fluid retention, promoting circulation, and stimulating the lymphatic system.

## COUNTRY OF ORIGIN

Native to South Africa, Spain, Morocco, Egypt, China, Russia, Japan, Central America, Europe, and Italy

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Flowers, Stems, and Leaves

## BOTANICAL FAMILY

Geraniaceae

## CHEMICAL FAMILY

Monoterpenols, Sesquiterpenols, Ketones, Esters

## AROMA

Floral, Rosy, Fresh, Herbaceous, Woody

## NOTE

Middle

## SAFETY

- Avoid with a history of estrogen-dependent cancer.
- Avoid using with children under 14.
- Pregnant and nursing women are to only use Geranium essential oil under the care of a physician, as it may have an impact on certain hormone secretions. It is unclear whether these effects are transferable to babies during early development.

Use with caution for hypersensitive people to avoid dermatitis. Used in moderation during the third trimester of pregnancy at 1% dilution. According to New Directions Aromatics website, "Due to Geranium Oil's styptic property, those with the following health conditions are recommended to be advised: diabetes, cancer, high blood pressure, and other heart-related ailments, peptic ulcers, liver damage, bleeding disorders, skin disorders, or hormone-related ailments."

## THERAPEUTIC PROPERTIES

Geranium is well tolerated by most individuals, but since it helps in balancing the hormonal system, care must be taken during pregnancy.

ANTISPASMODIC	PHLEBOTONIC	ANALGESIC
INSECTICIDAL	ANTI-PHLOGISTIC	ANTI-PARASITIC
INSECTIFUGE	SEDATIVE	ANTI-INFLAMMATORY
ANTHELMINTIC	ANTI-MICROBIAL	ANTIVIRAL
BACTERICIDAL	ANTI-ALLERGENIC	ANTISEPTIC
REGENERATIVE	ANTIBACTERIAL	CYTOPHYLACTIC
ANTI-INFECTIOUS	ANTIFUNGAL	CICATRISANT
CALMING	ANTIDEPRESSANT	DECONGESTANT

## BODY SYSTEMS

CIRCULATORY

NEURALGIA

DIGESTIVE

LIVER AND GALLBLADDER SUPPORT

INTEGUMENTARY

CUTS AND WOUNDS, DRY OR OILY HAIR AND SKIN, MOISTURIZER, BODY ODOR

LIMBIC

ANXIETY & DEPRESSION

REPRODUCTIVE

PMS AND HORMONE BALANCING, LOW LIBIDO



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