

# Geranium, rose

## *Pelargonium graveolens*

**Therapeutic Properties:** *Antidepressant, anti-hemorrhagic, anti-inflammatory, antiseptic, astringent, cicatrizant, deodorant, diuretic, fungicidal, hemostatic, stimulant (adrenal, cortex), styptic, tonic, vermifuge, vulnerary.*

It was the French chemist Recluz, who was the first to distill the leaves of Rose Geranium. It has since become an important perfume ingredient and is often used as a substitute for Rose Essential Oil.

While Lavender Essential Oil is suited to the individual in whom emotions overwhelm the mind, Rose Geranium is for those whose rationality and personal drive deny the place of feeling and impression. Therefore, Rose Geranium helps to reconnect us with our life feeling, to our emotional sensitivity, relaxed spontaneity, and a healthy thirst for pleasure and enjoyment. With this comes a greater capacity for intimate communication – one in which being able to receive and experience is as important as the power to give and express.

Rose Geranium also has action on the spleen-pancreas; the oil may be used to assist the body with lethargy, diarrhea, and lymphatic congestion. It is indicated for chronic anxiety, infertility, and symptoms associated with menopause. Known as a great balancer for women, it can be especially helpful during pregnancy. It is a very strong Essential Oil and is best avoided as a body massage in pregnancy. Rose Geranium is astringent, refreshing, relaxing, and has a lovely aroma.

The oil's exotic, floral, and slightly spicy aroma is reflected in its well-known aphrodisiac effect – an effect that relates to its intrinsically sensual, liberating nature. Rose Geranium is ideal for the workaholic perfectionist – for the person who has forgotten imagination, intuition, and sensory experience.

As an anti-inflammatory Essential Oil, Rose Geranium may be compared to Lavender and German Chamomile, and is indicated for gastritis, colitis, psoriasis, and eczema. It can also be used for skin concerns such as acne, impetigo, and athlete's foot.

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Cellulitis, engorgement of breasts, edema, poor circulation.

**Genito-Urinary System:** Adrenocortical glands and menopausal problems, PMS.

**Nervous System:** Nervous tension, neuralgia and stress-related conditions.

**Skin Care:** Acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, hemorrhoids, lice, oily complexion, mature skin, mosquito repellent, ringworm, ulcers, wounds.

## suggested usage (10 years & up)

### BATH:

- Add 10-20 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to relieve stress, tension headaches, and premenstrual symptoms.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser to balance mood.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

### TOPICAL

- Use 1-2 drops on the Sacral Chakra to balance hormones and assist with premenstrual symptoms. For premenstrual syndrome and menopause, massage on abdomen and back, paying extra attention to the lower back region.
- Mix with your favorite goDésana Organics beauty products to moisturize and nourish skin and hair.
- Apply 1-2 drops, neat, to assist with small cuts and wounds.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

### Wildcrafted

**Producing Organ:** *Leaves & flowering branches*

**Extraction:** *Steam Distillation*

**Country of Origin:** *Egypt*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle & AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil



### QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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