

## Geranium, Organically Grown: India (*Pelargonium graveolens*)

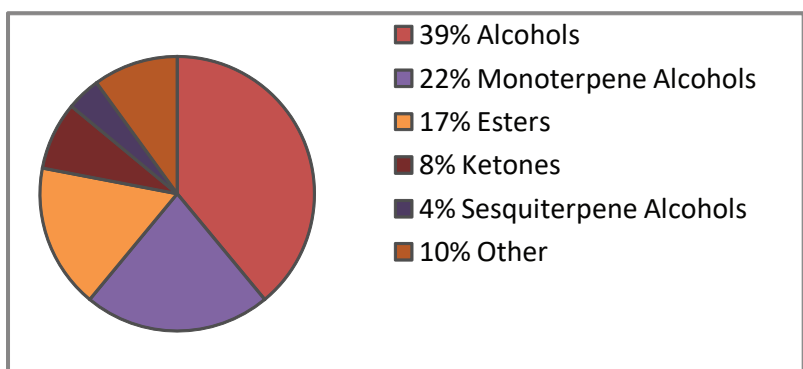
There are hundreds of flowering Geraniums all from the same genus. The therapeutic essential oils we use come from Geranium and Geranium Bourdon. Although commonly they are referred to as two different species, actually they are from the same species of plant and have almost the same therapeutic properties. The correct botanical name is *Pelargonium graveolens*. The therapeutic Geranium oil is a little bit different in the chemical makeup and has a more herby fragrance.

In history the plant was used therapeutically to assist a wider variety of conditions like cancer, internal bleeding, upset stomach, excess gas, broken bones, and so forth. Often the plant was placed around the home to ward off evil spirits.

**Primary Usages:** Regenerates the skin (oily, congested, wrinkles, scars, inflammation, bruises, wounds, cuts, burns, broken bones, frostbite, fungus, infections, athlete's foot, hemorrhoids, broken capillaries, cellulites, acne, dermatitis, eczema), balances the nervous system (depression, anxiety, uplifts, relieves stress, grief, insomnia, anger, hurt), and balances hormones (menopause, menstruation, PMS, reproductive issues, frigidity, sterility, bloating).

**Secondary Usages:** Increases circulation and decreases blood pressure. Considered a tonic for the liver, gall bladder, kidneys, and lymphatic system. Supports the digestive system (diarrhea, gastritis, colitis, ulcers, mucus, intestinal worms) and considered a natural diuretic to assist in flushing out toxins.

**Has Been Reported:** May assist with neuro-degenerative diseases (dementia, Alzheimer's), mouth and throat issues (tightens gums, pain, infections), and as an insect repellent. Enhances circulation and assist to burn fat.



**Descriptor:** Skin Rejuvenator, Hormone Balancing, Antidepressant, Lymph Decongestant, Digestive Aid

**Application:** Topically, Diffuse, Baths, Internally as a general health tonic.

**Caution:** Avoid during eating disorders, hypoglycemic (may lower blood sugar)

Main chemical about 27% Citronellol

**Influences:** Assist releasing the negative past, eases anxiety, tension, and is soothing.

**Found In:** Thyroid Support, To Be

**Medicine Wheel:** A Primary West and Secondary Center and East. Assists in strengthening Qi.

**Blends Well With:** Angelica Root, Basil, Bergamot, Carrot Seed, Cedarwood, Chamomile, Citronella, Clary Sage, Clove, Cypress, Frankincense, Ginger, Grapefruit, Jasmine, Juniper Berry, Lavender, Lemon, Lime, Mandarin, Neroli, Orange, Palmarosa, Patchouli, Peppermint, Rose, Rosemary, Sandalwood, and Ylang Ylang.

**Recipes:** For sore muscles and stress add three drops Geranium and two drops of Peppermint and massage into the area. Add a carrier oil if needed.

For emotional support add two drops Geranium along with one drop each of Mandarin and Ylang Ylang into some carrier oil. Rub over the heart and on the ears.