

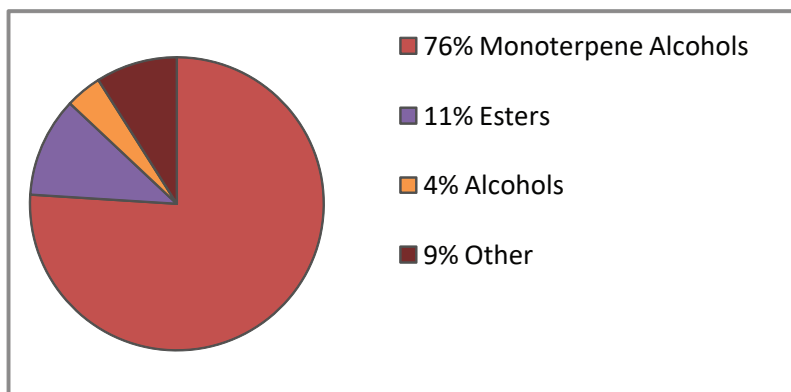
Palmarosa, Organically Grown: India (*Cymbopogon martini*)

Palmarosa, also known as Indian Geranium, is a wild tropical grass native to India. It is a part of the Lemongrass family and historically it was used to treat fevers, rheumatism, nerve pains, some infectious diseases, and as an effective insect repellant for stored grains and beans. According to ancient folklore, Palmarosa was used for love spells to assist in finding love. It was also used to release emotional pain from passed relationships. Since the 18th century the grass has been distilled for the sweet, lemony, rosy scented oil. The oil is used in soaps, perfumes, cosmetics, household products, skin care products, traditional medicine, and for aromatherapy.

Primary Usages: Supports the nervous system (calming, restlessness, insomnia, anxiety, depression, fear, nervousness, insecurity, jealousy), supports the skin (moisturizing, stimulates new cell growth, regulates sebum production, wrinkles, scars, acne, dermatitis, eczema, psoriasis, boils, shingles, fungal infections), and used as a general tonic.

Secondary Usages: Assists digestion (increases, clotitis), supports the respiratory system (bronchitis, sinusitis), and is beneficial against bacteria (candida, cystitis, urethritis, vaginitis), fungus (athlete's foot, ringworm), and viruses (high fever, immune stimulant).

Has Been Reported: Pain reliever (neuralgia lumbago, sciatica, rheumatism, inflammation), assists in stabilizing the heart (circulation, palpitations, stimulating), and useful as an insect repellant.



Descriptor: Nervine, Tonic, Antiseptic, Regenerative, Digestive, Decongestant, Alkalizing, Hydrating

Application: Apply topically to location, diffuse, or take a drop in water as a tonic.

Caution: No special cautions

Found In: Skin Care Jr.

Main chemical about 76%
Geraniol

Influences: Assists to open the heart chakra and connect with the energy of the earth. Is uplifting and assists to balance the mind, body, and spirit. Wonderful oil to diffuse for a general disinfectant and for greater emotional support.

Medicine Wheel: A Primary North and Secondary Center.

Blends Well With: Basil, Bergamot, Black Pepper, Carrot Seed, Cedarwood, Clary Sage, Cypress, Elemi, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Lavender, Lemongrass, Marjoram, Myrtle, Neroli, Orange, Patchouli, Pine, Rose, Rosemary, Rosewood, Sandalwood, Tea Tree, Thyme, Vetiver, Ylang Ylang

Recipes: As a room freshener, mix six drops of Palmarosa and four drops each of Citronella and Lemongrass. Diffuse or put in a spray bottle and spritz around the room.

For the face formula take eight drops Palmarosa and four drops each of Lavender, Orange, Carrot Seed. Mix into a carrier oil and apply topically making sure you wipe off excess oil. Another face blend is four drops Palmarosa, two drops Frankincense, and one drop Rose added to carrier oil.