

GERANIUM (Bourbon)
Pelargonium graveolens
Hormone regulator and tonic

Source:	Egypt
Extraction:	Steam distillation of leaves, stalks and flowers.
Blending Factor:	3
Odour Note:	Middle

Characteristics:

Geranium oil has a pale green to olive fluid with a sweet, leafy green, rose like odour with a hint of mint or slightly apple like fragrance.

Safety Precautions:

Considered nontoxic, non-irritant and non-sensitising however some cases of dermatitis in hypertensive patients have been reported.

History:

Native to South Africa and introduced to Europe in the 17th century. The roots were used in herbal medicine to treat diarrhea and dysentery. The popularity of the herb grew from the 1840s when the French recognized their potential in perfumery. *In vitro* studies using Geranium oil have reported anti-fungal and antibacterial activity.

There are over 700 varieties of cultivated geranium but only a few are used in the essential oil industry, the Bourbon is considered as the finest, most expensive and sought after variety of Geranium.

Therapeutic Actions:

Anti-inflammatory, anti-bacterial, anti-fungal, diuretic, digestive tonic, immune stimulant, hormone regulator/balancer, lymphatic stimulant, cicatrisant, haemostatic, astringent.

Enhances:

Balance, calmness, digestion, contentment, healing, clarity of thought.

Reduces:

Stress, premenstrual tension, Menopausal problems, depression, trauma, bleeding

Uses:

Reproductive/endocrine: PMS, menopause, painful periods

Circulatory system: edema, varicose veins, poor circulation

Lymphatic system: Cellulite

Nervous system : Depression, anxiety, stress-related conditions.

Immune system: Chronic fatigue syndrome

Skin: Acne, bruises, congested skin, oily skin, eczema, mature skin.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Basil, Citrus oils, Cedarwood, Clary Sage, Frankincense, Jasmine, Juniper, Lavender, Neroli, Palmarosa, Patchouli, Petitgrain, Rose, Rosewood, Rosemary, Sandalwood and Ylang Ylang.

PMT/Menopausal Blend or Bath		Mood adjuster		Cellulite Blend	
Geranium	3	Geranium	2	Geranium	5
Neroli	2	Grapefruit	3	Fennel	1
Lavender	5	Ylang Ylang	3	Juniper	4
Total drops	10	Total drops	7	Total drops	10
Carrier oil	20 ml	In Vaporizers		Luxury Massage Blend	20 ml
Or dispersant	5 ml				