

Palmarosa

Cymbopogon martinii

Therapeutic Properties: *Antiseptic, bactericidal, cicatrizant, digestive, febrifuge, hydrating, stimulant (digestive, circulatory), tonic.*

Palmarosa is a good disinfectant for the skin, can be applied to acne sites neat from the bottle or added to a mild face soap. It can be used to assist with dermatitis and minor skin infections, scars, sores, and wrinkles. It is valuable for all types of treatments for the face, hands, feet, neck, and lips (moisturizes the skin, stimulates cellular regeneration, regulates sebum production). Also helpful for anorexia, digestive atonia, and intestinal infections.

This is an essence which acts on the pathogenic intestinal flora, in particular on the colibacillus of dysentery...this essence favors the transmutation of the pathogenic agent into normal cells of intestinal mucous membranes. Thus, it arrests the degeneration of the cells for the latter, swiftly impels groups of abnormal cells towards an inferior form in their hierarchy'. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 133.]

Due to its excellent antibacterial properties, it can be used in place of Tea Tree for those who are sensitive to Tea Tree or don't particularly appreciate its fragrance.

aromatherapy & home uses

Digestive System: Anorexia, digestive atonia, intestinal infections.

Nervous System: Nervous exhaustion, stress-related conditions.

Skin Care: Acne, dermatitis and minor skin infections, scars, sores, wrinkles; valuable for all types of treatment for the face, hands, feet, neck and lips (moisturizes the skin, stimulates cellular regeneration, regulates sebum production).

suggested usage (10 years & up)

BATH:

- Add 8-10 drops Palmarosa to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist with relaxation.

COMPRESS:

- Mix 2-4 drops of Palmarosa Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser to provide an uplifting environment.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply to clear the mind or in cases of fatigue.

MISTING

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

TOPICAL

- To assist the body with evening out moods, especially those associated with PMS, mix 10 drops of Palmarosa, 10 drops of Bergamot, and 5 drops of Clary Sage into 1 tablespoon of carrier oil and massage on the abdomen and lower back.
- For a relaxing, de-stressing, anti-anxiety massage, add 4-5 drops of Palmarosa with 1 tablespoon of carrier oil. Use for a relaxing foot rub, or mix a larger quantity for an overall body massage.
- Apply 2-4 drops neat (undiluted) on skin to assist with acne, eczema, and scarring.
- To assist with hair loss or dandruff, mix 5 drops of Palmarosa with 5 drops of Rosemary ct. 1,8 cineole and 20 drops of carrier oil. Massage well into scalp and hair before bed at night; wash and rinse in the morning.
- To tone and rebalance oily or combination skin, mix 4 drops of Palmarosa, 4 drops of Red Mandarin, and 2 drops of Frankincense with 1 teaspoon of carrier oil and apply to skin daily.
- To calm nervous exhaustion or stress, Palmarosa can be used as a fragrance oil, or apply 2-3 drops on feet.

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.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Producing Organ: *Grass*
Extraction: *Steam Distillation*
Country of Origin: *India*

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 2nd 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 2nd 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



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.