

Rose Geranium

pelargonium graveolens 10ml

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 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.*

USES

aromatic

- **Diffuser:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser to balance mood.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic spray bottle, shake well and mist into the environment as desired.*

bath

- **Bath:** Add 10 to 20 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to relieve stress, tension headaches, and premenstrual symptoms.*

internal

- **Internal:** Add 4 drops Geranium and 4 drops Juniper Berry to a veggie capsule with carrier oil. Take 1 capsule 2 to 3 times daily to assist with healthy kidney and bladder function.*

topical

- **Massage:** Use 1 to 2 drops on the Sacral Chakra to assist with balancing hormones and premenstrual symptoms.*
- **Lotion/Massage:** Mix with your favorite beauty products to moisturize and nourish skin and hair.*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.*
- **Skincare:** Apply 1-2 drops, neat, to assist with small cuts and wounds.*
- **Topical Dilution Guidelines:** Topical dilution for healthy individuals ages 10 and over 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.*
 - **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
 - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
 - **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Internal • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Leaves and flowering branches

Extraction: Steam Distillation

Country of Origin: Egypt

Main Chemical Constituents: citronellol, geraniol, linalol

Therapeutic Properties: Antidepressant, anti-hemorrhagic, antiinflammatory, antiseptic, astringent, cicatrizant, deodorant, diuretic, fungicidal, hemostatic, stimulant (adrenal, cortex), styptic, tonic, vermifuge, vulnerary [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 190.]

responsible cautions

- Non-toxic, non-irritant, and generally non-sensitizing; possible contact dermatitis in hypersensitive individuals, especially with the Bourbon type.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*