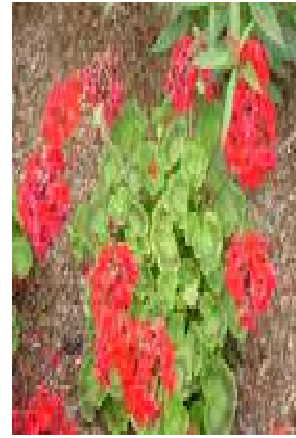


Geranium



Common Name: Geranium

Botanical Name: pelargonium graveolens

Origin: Algeria, China, Egypt, France, Madagascar, Morocco, Russia

Parts Used: flowers, leaves, stalks

Extraction Method: Steam Distillation

Fragrance: floral, leafy, rose-like

Blends well with: allspice, basil, bergamot, citronella, clary sage, fennel, frankincense, galbanum, grapefruit, jasmine, juniper, lavender, lemon, lemongrass, lime, mandarin, myrrh, neroli, nutmeg, palmarosa, patchouli, peppermint, petitgrain, rose, sandalwood, tangerine

Aromatic Benefits: anxiety, balancing, cooling, creativity, nervous tension, normalizing, relaxing, soothing, stress

Physical Uses: circulatory system health, cold sores, cellulite, frostbite, headaches, premenstrual syndrome, menopause, mood balancer, mosquito repellent, nervous tension, skin problems (like acne, athlete's foot, & eczema), sore throat, stress & stress related problems, respiratory system, tonsillitis

Safety Data: Geranium oil is safe for home use in moderation. In very large quantities, it may cause irritation to sensitive skin. Avoid if history of estrogen-dependent cancer or hypoglycemia. Do not confuse with rose geranium.

FYI: Geranium oil is **GREAT!!** for bruises. Gently massage a couple of drops into the bruise several times a day until the bruise is gone.

Recipe:

Stress Relief Bath

10 drop Chamomile
5 drop Geranium
10 drops Lavender oil
5 drops Lemon oil

Put 8 drops of this blend into your bath water.

*The same blend applied to the temples, back of the neck, across the forehead, and behind the ears is a wonderful release for stress-induced headaches.

For educational purposes only. This information is not intended to diagnose, treat, or cure any disease.