



Geranium

Pelargonium graveolens

Product Information

Geranium essential oil is derived from the leaves and flowers of the Pelargonium graveolens plant, commonly known as the geranium plant. This aromatic oil is obtained through a process called steam distillation, which involves passing steam through the plant material to extract its volatile compounds.

The geranium essential oil is popularly used in aromatherapy and natural remedies due to its pleasant floral scent and various potential health benefits. Some of the primary chemical constituents found in geranium oil include citronellol, geraniol, linalool, and citronellyl formate, which contribute to its therapeutic properties.

Research:

Geranium

<https://pubmed.ncbi.nlm.nih.gov/?term=geranium+essential+oil>

Research:

Geraniol

<https://pubmed.ncbi.nlm.nih.gov/?term=geraniol%2C>

Uses and Benefits

1. reduce stress, anxiety, and promote relaxation. It is often used in aromatherapy to create a calming environment and alleviate tension.
2. Skin Care: Geranium oil is known for its beneficial effects on the skin. It has a balancing effect on both oily and dry skin, making it suitable for various skin types. It may help reduce inflammation, improve skin texture, and promote the healing of minor wounds.
3. Insect Repellent: The scent of geranium oil acts as a natural insect repellent, particularly against mosquitoes and ticks. It can be used topically or diffused to help keep pesky insects at bay. **Cont. next sheet**

Research:

Linalool

<https://pubmed.ncbi.nlm.nih.gov/?term=linalool>

Research:

Citronellyl formate

<https://pubmed.ncbi.nlm.nih.gov/?term=citronellyl+formate>



Geranium

Pelargonium graveolens

4. Hormonal Balance: Some studies suggest that geranium oil may have a balancing effect on hormones, making it potentially helpful for women experiencing menstrual discomfort or menopause-related symptoms.

5. Mood Enhancer: The uplifting and refreshing aroma of geranium oil can positively influence mood and emotions. It may help in reducing feelings of sadness or fatigue.

6. Natural Deodorant: The antimicrobial properties of geranium oil can help combat body odor, making it a natural and pleasant-smelling alternative to conventional deodorants.

Responsible cautions:

- It is important to note that while geranium essential oil has many potential benefits, it should be used with caution. As with all essential oils, it's best to perform a patch test before using it on a larger area of the skin and to consult with a qualified aromatherapist or healthcare professional, especially if you have any medical conditions or are pregnant.
- Additionally, not all essential oils are created equal, and it is crucial to source high-quality, pure essential oils from reputable suppliers to ensure safety and effectiveness.
- 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.