

# Geranium

## *Pelargonium Graveolense*

### Essential Oil

Geranium balances the mind and emotions while also balancing the hormonal system and stimulating the lymphatic system.

Size: 15ml Price: \$24.30

Size: 5ml Price: \$8.51

APPLICATION METHODS:  Can be used topically  Can be used internally  Can be used aromatically

### Primary Benefits

Aids in balancing hormonal system, overall balancing effect on the mind, aids in the appearance of clear, healthy skin, gives hair a healthy, vibrant glow.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Herbaceous, fresh, mint, floral, sweet

### Collection Method

Steam Distillation

### Plant Part

Whole plant

### Main Constituents

A-pinene, myrcene, limonene, Citronellol, citronellyl formate, geraniol

### Description

Geranium has a wonderfully balancing effect on the skin and has long been used in the perfume industry. Geranium essential oil dates back to ancient Egypt when Egyptians used this essential oil to beautify skin and promote beauty. This uplifting oil has a great all-over balancing effect on the mind. Geranium can aid in clear skin and strong, healthy hair, making it the perfect component in skin and hair products. It can also aid in relieving stress and calming nerves. Geranium can also naturally repel insects.

### Uses

- Diffuse to relieve stress and mild depression
- Apply topically to aid in PMS symptoms
- Use in a facial to beautify skin
- Add a drop to your moisturizer for a smoothing effect
- Add a few drops to your shampoo or conditioner bottle. Geranium is great for both dry and oily hair.
- Add to a base cream to aid in eczema, cellulite, bruises, and repelling insects
- Add to base cream to balance the oil production of the skin and help keep it supple

### Properties

Astringent, Diuretic, Sedative, Tonic and Relaxing

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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