

Pelargonium graveolens
GERANIUM

Originating in southern Africa, geraniums were brought to Europe in the 17th century. Over 700 species exist, many of them highly perfumed. The scent of geranium oil resembles rose, with which it shares many constituents. Consequently, it is often added to rose oil to extend it. The soothing aroma helps reduce stress and, as so many people love the scent, I use it often in facial treatments.

SCENT
Sweet, round, floral, herbaceous

NOTE

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|------|--------|-----|
| BASE | MIDDLE | TOP |
|------|--------|-----|

EXPENSE RATING
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CAUTIONS
Use low dilutions (1%). See page 16.



Main constituents: geraniol, linalol, citronellol

THERAPEUTIC PROPERTIES

Traditionally geranium was used to staunch bleeding, heal wounds, ulcers and skin disorders and treat diarrhoea, dysentery and colic. Anti-bacterial properties and insecticidal actions were found when geranium was screened for medicinal usage in a joint project of the laboratories of the Royal Botanic Gardens, Kew and the Society of Applied Science, in Britain. I use the diluted oil for first aid on minor cuts and burns. Geranium oil is also an effective insect repellent, useful to keep in a first-aid kit.

EMOTIONS & MIND

Anti-depressant. It is an excellent relaxant for those suffering from nervous tension. Use the oil in inhalations, diluted in the bath or in a massage blend.

GYNAECOLOGICAL PROBLEMS

In a French study of 1933, it was found to be active against *Candida albicans*, which causes thrush. Can regulate mood swings associated with pre-menstrual tension (see pages 106–7).

SKIN & BEAUTY

Rich in the gentle alcohols, geraniol and linalol, it is suitable for all skin. Good for acne treatments due to its

anti-microbial effect. Add to massage blends for the face, to skin toners and creams (see pages 70–73). Popular in anti-cellulite oils to relieve fluid retention. Gently massage the affected area.



GERANIUM OIL is extracted by steam distillation of the whole plant, cultivated in Egypt, Russia and Réunion.

OIL COMBINATIONS



CHAMOMILE, JUNIPER AND CITRUS OILS mellow the sweet-scented oil. Chamomile also enhances its effectiveness against cuts or inflammation.

HAND MASSAGE



The floral aroma of geranium oil leaves hands lightly fragranced (see pages 60–61).