

Geranium – *Pelargonium graveolens***Code:** T176 **Vol:** 10ml**Country of Origin:** Egypt**About the oil****Distilled From:** Steam distillation from the leaves.**Aroma & appearance:** Delightful, fresh, green, rose-like scent. Clear to light green in color.**Some beneficial ways of enjoying the oil:**

- Geranium is an excellent balancing and uplifting oil for all-round use and is especially popular with women. Try blending 2 drops of Geranium with 3 drops of Lavender and 2 drops of Clary Sage in a teaspoon of Sweet Almond oil for use as a relaxing, refreshing bath or massage oil. Alternatively, blend the same oils with two teaspoons of Apricot Kernel oil for a special hydrating body moisturiser with a delicious aroma.
- In a diffuser or burner, Geranium blends very well with the citrus oils. It is deodorizing, cleansing and uplifting as well as having quite good insect-repellent properties.
- After a long haul flight, try blending together 4 drops of Geranium, 2 Drop each of Juniperberry and Lavender in 10 ml of Sweet Almond Oil; massage in to the ankles to encourage elimination of fluid.

Although Geranium Bourbon, which comes from the island of La Réunion (previously known as Île de Bourbon), 500 miles east of Madagascar, is considered to be a superior quality oil, many prefer the lighter subtler aroma of Egyptian Geranium. The species is the same; it is the growing conditions that make the difference between the two types.

Did you know?

Pelargonium graveolens is not to be confused with the household variety of geranium, which is a completely different species.

Key Search words: Balancing, relaxing, antiviral, circulatory tonic, immune stimulant.**Safety Data**

To be avoided during pregnancy.
