



The Rose Geranium is a strong growing shrub with jagged triangular leaves that has a distinct lemon-rose smell, even though it has pale-pink flowers with purple spots. Nature is always full of surprises.

This aromatic herb has relaxant, anti-depressant, anti-inflammatory and antiseptic properties. It is also used to control bleeding. Its antiseptic and anti-inflammatory properties are useful in treating bruising, acne, eczema, and hemorrhoids as well as ringworm and lice.

Geranium Oil provides its many benefits from the following properties.

- **Astringent:** The main function of an astringent is to induce contractions. Accordingly Geranium Oil, being an astringent, makes the gums, muscles (including contraction of abdominal muscles which gives you a better look), intestines, skin, tissues and blood vessels to contract. This can be helpful in many ways by preventing muscles and skin from sagging and thus wrinkling, the loosening of teeth, and can even stop hemorrhages by contracting blood vessels.
- **Anti Bacterial & Anti Microbial:** This property does not let bacteria or microbes develop on wounds thus staving off infections.
- **Haemostatic:** Geranium Oil can stop hemorrhages in two ways. First, being an astringent (more specifically, a styptic), it causes contraction of blood vessels and helps stop the flow of blood, as discussed above. Secondly, being a Haemostatic, it speeds up coagulation or clotting of the blood.
- **Cicatrisant:** Everybody wants their skin to be free from scars and after marks of fat-cracks, surgeries, boils and acne or pox. It is a Cicatrisant, that is, it helps the scars and other spots on the skin to fade and vanish. It facilitates blood circulation just below the surface of skin and also helps make distribution of melanin uniform.



- **Cytophylactic:** Geranium Oil promotes cell health and also encourages the recycling of dead cells and the regeneration of new cells. This helps in the growth of the body cells as well as gametes.
- **Diuretic:** This oil has diuretic properties, which means that it increases urination. Urination is one of the three natural ways (the others are excretion and perspiration) and is the most effective way for removal of toxins from the body. These toxins are urea, uric acid, bile salts, pathogens and other synthetic or chemical substances, heavy metals, pollutants and even sugar. Moreover, each time you urinate, fats amounting to 4% of the volume of urine and excess water are also removed from the body. Urination also aids digestion and prohibits formation of gases in the intestine. It is also an effective way of removal of excess acids and bile secreted in the stomach. Urination also reduces blood pressure because the more you urinate, the more sodium is removed and hence blood pressure is reduced.
- **Deodorant:** Geranium Oil has a very pleasing and uplifting aroma, something like a combination of fragrance of a flower and mint. Now you can imagine what a nice deodorant it would make. Its effect is long lasting and not harsh on the skin either. Further, owing to its property of regulating sebum production and being a mild anti bacterial, it aids in eliminating body odor.
- **Styptic:** This is almost synonymous to Haemostatic with a slight difference. Being a styptic means being a haemostatic owing to astringent properties. A styptic, causes the blood vessels to contract and thus slows down or stops the flow of blood.
- **Tonic:** A tonic tones the body up. Internally, it makes all the systems and functions work properly by influencing endocrinal glands for regulating secretion of various hormones, enzymes, acids and bile. It also tones up the respiratory system, digestive system, circulatory system, nervous system and excretory system. The noticeable toning is the muscles and skin which give you a younger stronger look.
- **Vermifuge:** This particular property is very beneficial for those children (sometimes even adults) who suffer from intestinal worms.



- **Vulnerary:** Geranium Oil speeds up the healing of wounds, cuts and surgical incisions. This property makes it a vulnerary, and probably is such due to its other properties of Haemostatic, Styptic, Anti Bacterial, Anti Microbial and Cytophylactic.

Other Benefits: It is also known to be effective in the treatment of acne, dermatitis, other skin diseases, infections of nose, throat and other respiratory organs, eczema, neuralgia, burns, ulcers, tonsillitis, and post menopause syndrome. In addition, it has great mental uplifting effects and can be very effective in treating depression, anxiety, and anger.

Rose geranium oil, is used extensively in aromatherapy for its regenerative properties for the skin and as a stimulant for the adrenal cortex. Due to its great aroma and many health properties it is widely used in spa treatments for acne, oily complexions, eczema, mature skin (regenerative), to improve circulation, reduce water retention during PMS, and in cellulite treatments.

Rose Geranium Oil blends very well with the essential oils of Angelica, Bergamot, Basil, Lava din, Cedar Wood, Carrot Seed, Citronella, Lavender, Neroli, Lime, Orange, Lemon, Jasmine, Grapefruit and Rosemary Oil.

The essential oil from a geranium is good, refreshing and a stimulating oil but it also has great sedative properties. This is particularly good for treating nervous tension and depression, but in no way should Geranium Essential Oil be confused with those oils which have "sleeping" properties.

Ancient cultures believed that Geranium Oil was great in serving to eliminate certain types of cancer as well as mending broken bones. But today it is better known as being affective in such problems as pre-menstrual tension, excessive fluid retention, menopausal problems, uterine and breast cancers, those conditions which involve fluctuating hormone levels, and it's especially effective in helping to treat endometriosis.