

## QUICK REFERENCE SHEET

# GERANIUM

*Pelargonium graveolens*



Plant Family:  
Geraniaceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves



**Region of  
Origin:**  
Egypt

### AFFINITY FOR:

cellular structure, skin, nerves, urinary tract, gallbladder, liver, solar plexus and heart chakras, spleen meridian, yin energy

### THERAPEUTIC PROPERTIES:

astringent, diuretic, antiseptic, antidepressant, regenerative, tonic, antibiotic, antispasmodic, anti-infective, hemostatic

### AROMATIC CONSIDERATIONS:

Geranium fosters positive thought patterns. It helps us to feel hope for the future and peace with today.

### APPLICATION:

Dilute and apply anywhere on the body.

### INGREDIENT IN:

<sup>Le</sup>Acknowledge, <sup>Le</sup>Ambition, <sup>Le</sup>Angel, <sup>Le</sup>Beloved, <sup>Le</sup>Benediction, <sup>Le</sup>Cypernium, <sup>Le</sup>Diminish, <sup>Le</sup>Discernment, <sup>Le</sup>Emerge, <sup>Le</sup>EndoRelief, <sup>Le</sup>Everlasting, <sup>Le</sup>Fortitude, <sup>Le</sup>Grateful Heart, <sup>Le</sup>HeartSong, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Letting Go, <sup>Le</sup>Life Force, <sup>Le</sup>Millenia, <sup>Le</sup>Moonlight, <sup>Le</sup>Revitalize, <sup>Le</sup>Tomorrow, <sup>Le</sup>Tranquility, <sup>Le</sup>Transition, <sup>Le</sup>UnDone, <sup>Le</sup>Unity, <sup>Le</sup>Vitality, <sup>Le</sup>Visibility

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Geranium is a very potent and aromatic oil. It is a good oil for people whose negative patterns need to be swept away in spite of their desire to hang on to them. Geranium helps one to release negative memories. It is a good oil for nervous fatigue where the body is exhausted but the mind just won't let the body sit and rest. Geranium is a potent oil for those whose moods are up one minute and down the next. Geranium is a good choice for people whose drive and ambition interferes with sensitivity and spontaneous joy.

### PHYSICAL ASPECTS:

Geranium regenerates tissues and nerves. It is excellent for skin disorders and skin care, and is especially nice for the skin of expectant mothers. Along with the essential oil blend <sup>Le</sup>Deeper, Geranium heals the sores of shingles. Geranium discharges toxins from the liver and dilates the biliary ducts, aiding liver, gallbladder, and kidney function. This oil can bring relief from gastric ulcers, diarrhea, jaundice, and kidney stones. Geranium is one of the best oils for circulation problems such as hemorrhoids, and is helpful in slowing down bleeding.

### GENERAL INFORMATION:

Geranium is a very versatile and important essential oil. It is among a handful of essential oils considered to be cool and moist energetically.