QUICK REFERENCE SHEET

GERANIUM ZDRAVETZ

Geranium macrorrhizum

Plant Family: Coniferae

Extraction Method: Steam Distilled

Part Utilized: Flowering Plant

Region of Origin:

Bulgaria

AFFINITY FOR:

skin, reproductive system, cardiovascular system, circulatory system

THERAPEUTIC PROPERTIES:

aphrodisiac, antiviral, anti-septic, anti-infectious, anti-allergenic, antidepressant, antispasmodic, anti-anxiety, astringent, calming, circulatory stimulant, cooling, carminative, diaphoretic, febrifuge, hypertension, hypotension, sedative and stimulating, vein tonic

AROMATIC CONSIDERATIONS:

Geranium Zdravetz has a sweet green, woody, herbaceous and slightly floral aroma. Those that find Geranium essential oil to be too strong or overpowering will likely be pleasantly surprised by the aroma of Zdravetz essential oil.

APPLICATION:

May be used in baths, diffused, and used topically.

ⓘ CAUTIONS:

I cannot find any safety issues with this oil, however, it is fairly new to the essential oil market so use caution with pregnancy and young children is a good idea. Also, patch testing before applying to a sensitive area such as the face is advised.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Geranium Zdravetz is said to uplift the spirits and stimulate the body. As a base note oil, it has grounding, balancing, and calming attributes. Geranium Zdravetz has a reputation as a strong aphrodisiac. It can be soothing and clarifying to the psyche and is said to have anti-depressant and anti-anxiety properties.

PHYSICAL ASPECTS:

One of the things that really excite me about this oil is its skin care benefits. Geranium Zdravetz is known to have a natural lightening, or bleaching, effect on skin imbalances such as hyper-pigmentation and blemishes. Hyper-pigmentation of the skin includes dark patches, liver spots, sun spots, age spots, moles, acne scars, freckles, stretch marks, melasma, and dark birthmarks. Other skin care uses for Geranium Zdravetz include wrinkles, itchy skin, skin lesions, and boils. It is also said to be normalizing, stimulating, toning, hydrating, and protecting to the skin.

Geranium Zdravetz has been indicated in studies as being healing to the reproductive system, and is beneficial in relieving menopausal symptoms. It is said to lower blood pressure (especially for those with hypertension), strengthen capillaries and stimulate the blood vessels, lower and stabilize blood sugar levels, help with jet lag, relieve neurogenic headaches, and can relieve insomnia, fatigue, and induce sleep. Geranium Zdravetz contains over 50% germacrone, a sesquiterpene that is strongly antiviral, which is reported to inhibit influenza virus replication, and block the growth of breast cancer cells. One other property I find noteworthy with this oil is that it is anti-allergic and may be of benefit at preventing an allergic response, as well as helping to control and relieve allergy symptoms..

GENERAL INFORMATION:

Zdravetz means “health” in Bulgarian, and has long been a symbol of health, long life, prosperity and youth in Bulgarian folk lore. Other common names for Geranium Zdravetz oil include: True Geranium, Zdravetz, and Bulgarian Geranium. Though the herb has been used for hundreds of years, the essential oil is fairly new. This oil is rich in plant wax, so it will partially crystallize at room temperature and may need to be warmed up before use. While Geranium Zdravetz is in the same plant family as Geranium, they are completely different genus.

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