QUICK REFERENCE SHEET

# PALMAROSA

*Cymbopogon martinii*

Plant Family: Graminae

Extraction Method: Steam Distilled

Part Utilized: Leaves

## Region of Origin:

India

## AFFINITY FOR:

cardiovascular system, thyroid gland, skin care, yin energy, heart chakra, bladder meridian, solar plexus chakra

## THERAPEUTIC PROPERTIES:

antibiotic, antifungal, antiviral, antiseptic, emollient, digestive and circulatory stimulant, hydrating

## AROMATIC CONSIDERATIONS:

Rose (not Palmarosa) is an expensive and fragrant essential oil, but in a blend of oils, the aroma of Rose can be overpowered by the other ingredients. The medicinal value is still there, but much of the aroma of the Rose is lost. Palmarosa, when added to a blend which has Rose as one of the ingredients, emphasizes the scent of roses. This vastly improves the bouquet of the blend. Palmarosa reduces stress and tension while relaxing tight muscles and lessening pain.

## APPLICATION:

Palmarosa, though a very mild essential oil, should still be diluted before applying to the body. A drop or two, however, may be worn, undiluted, as a perfume.

## CAUTIONS:

Palmarosa is a very mild essential oil. There are no known contraindications for its use.

## INGREDIENT IN:

LeAcknowledge, LeAgeless, LeAustyn, LeBaby Me, LeBelieve, LeEverlasting, LeFortitude, LeInner Peace, LeKey to My Heart, LeKindred Spirit, LeTranquility, LeTrust, LeTurmoil, LeUnity, LeVitality

## EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Sometimes, in an attempt to cover insecurities within ourselves or to cover past hurts, we hold onto to situations or people so tightly that they feel they must struggle to be free. Palmarosa helps us to embrace change and let go. Since we live in an ever changing world, there are many times when we must let go of the old way of doing and being in order to move forward and grow. If we are constantly "letting go and letting God" direct our lives for our good, we will not just be changing, we will be growing toward the best we can be. Our success and happiness will be inevitable and assured.

Palmarosa can help us enjoy being versatile and adaptable as we move through the changes that life always brings. This strength within oneself reduces stress and tension and eliminates the sort of nervous exhaustion that resisting life creates. If you have already exhausted yourself in the struggle against change, try Palmarosa—or blends containing it—to balance and strengthen yourself. The lovely aroma of this essential oil promotes recovery and strengthens resolve.

Those who believe that a plant's shape and environment denote its medicinal value would say that the long stem of this aromatic grass waving with the breeze indicates flexibility and freedom of movement. This adaptability (going with the flow) is yin in nature. But Palmarosa is firmly rooted in the earth, giving it both adaptability and a feeling of security.

Palmarosa is suited for people who cannot abide change, the frequent absence of loved ones, or who frequently suffer from homesickness. This would be a good oil to try for children who get very upset when their mother must leave them for a few minutes.

## PHYSICAL ASPECTS:

Palmarosa is used in skin care regimens for all types of skin. This essential oil balances the production of sebum, making it effective for both oily and dry skin types. Palmarosa stimulates new cell growth, making it an effective oil in the treatment of scarring from acne or injury. Palmarosa seems to have a beneficial effect on thyroid hormones and acts as a uterine and vaginal tonic. This essential oil acts against fungal infections, bacterial infections, and candida.

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