

## QUICK REFERENCE SHEET

# ROSE GERANIUM

*Pelargonium roseum*



Plant Family:  
Geraniaceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves



**Region of  
Origin:**  
Australia

### AFFINITY FOR:

nervous system, lymphatic system, hormones, adrenal cortex, skin, solar plexus chakra, brow chakra, heart chakra, yin energy

### THERAPEUTIC PROPERTIES:

antidepressant, antiseptic, astringent, cicatrisant, cytophylactic, diuretic, deodorant, hemostatic, styptic, tonic, vermifuge, vulnerary

### AROMATIC CONSIDERATIONS:

Rose Geranium has quite a lovely aroma. It is sweeter and lighter than Geranium. It has an herbal undertone and a rosy overtone that Geranium lacks. When diffused, Rose Geranium can help us feel joy in our journey. The uses of Rose Geranium are very similar to those of Geranium.

### APPLICATION:

Can be worn as perfume, used in a bath, or diluted and massaged on the body.

### ! CAUTIONS:

Rose Geranium has mild hormonal properties; care should be used during pregnancy.

### INGREDIENT IN:

LeAngel, LeBaby Me, LeBalance, LeBeGone, LeBenediction, LeEverlasting, LeHeartSong, LeSolace, LeUnity

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

One aspect of Rose Geranium is for emotional work with those who feel burdened by, or resentful of, the necessity to work so very hard. This situation may be perception or reality. Rose Geranium can benefit those who have found themselves in a real position of never ending work, with no rest, no pause, and maybe even with very little reward.

Rose Geranium is a call to attention. It requires us to analyze our lives, streamline them, and then enables us to do with joy those things that are required of us. Rose Geranium soothes the nervous system. It relieves depression and anxiety, making the world look like a much friendlier and supportive place.

### PHYSICAL ASPECTS:

Rose Geranium stimulates the lymphatic system, relieving congestion and pain throughout the body. As the body detoxifies, symptoms of PMS such as water retention, bloating, and headache disappear. Rose Geranium is useful for treating jaundice and gallstones. On the skin, Rose Geranium balances the secretion of sebum. It is antiseptic and healing to the skin for acne, burns, and wounds.