

# Geranium

Essential Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: **A** | **S**

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, green, floral, sweet, dry

Main Chemical Components: Citronellol, citronellyl formate, geraniol, guaiaidene, menthone

## PRIMARY BENEFITS

- Calming aroma

## PRODUCT DESCRIPTION

A member of the *Pelargonium* genus, geranium is grown for its beauty and is a staple of the perfume industry. While there are over 200 different varieties of *Pelargonium* flowers, only a few are used as essential oils. Uses of Geranium essential oil date back to ancient Egypt when Egyptians used Geranium oil to beautify skin and for other benefits. In the Victorian era, fresh geranium leaves were placed at formal dining tables as decorative pieces and to be consumed as a fresh sprig if desired; in fact, the edible leaves and flowers of the plant are often used in desserts, cakes, jellies, and teas. As an essential oil, Geranium provides an aromatic scent help to create a calm, relaxing atmosphere.

## USES

- Use in an aromatherapy steam facial.
- Diffuse aromatically for a calming effect.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

