



Geranium *Pelargonium graveolens*

With various beautifying purposes, Geranium essential oil promotes healthy, glowing skin and hair, while providing a sweet, floral aroma.



### Description

A member of the *Pelargonium* genus of flower species, geraniums are grown for their beauty and as 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 has been used to promote the appearance of clear skin and healthy hair—making it ideal for skin and hair care products. It also helps calm nerves and lessen feelings of stress. Geranium is also known to naturally repel insects.

### Uses

- Use in an aromatherapy steam facial to beautify skin.
- Add a drop to your moisturizer for a smoothing effect.
- Geranium is great for both dry and oily hair. Apply a few drops to your shampoo or conditioner bottle, or make your own deep hair conditioner.
- Diffuse aromatically for a calming effect.

### Directions for Use

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with doTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

### 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.

### Primary Benefits

- Promotes the appearance of clear, healthy skin
- Naturally repels insects
- Gives hair a vibrant, healthy glow

### Aromatic Description

Herbaceous, green, floral, sweet, dry

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.