

Essential Oil Index

This month in our continuing series of essential oils, we take a look at ...

Geranium



Geranium (*Pelargonium graveolens*) is a perennial shrub that grows up to one metre in height, bearing small pink flowers and pointed leaves. A native to South Africa, Geranium is now widely cultivated in Russia, Egypt, Congo, Japan, Central America and Europe.

The oil, which has a middle keynote, is extracted from the plant's flowers, leaves and stalks by steam distillation.

A hormone balancer, this essential oil is particularly effective at the start of the menstrual cycle. It acts as a mild skin tonic and is frequently used in beauty and skincare products and regimes.

With thanks to Purple Flame Aromatherapy, St. John's Spinney, Gun Hill, Arley, CV7 8IT. Picture © Purple Flame 2006

Key constituents

A-terpineol, citronellol (20-45%), citronellyl formate, geraniol, geranyl formate, guaia-6, 9-Diene, isomenthone, limonene, linalool, menthone, phellandrene, sabinene.

Body systems affected

Intestinal, circulatory, nervous, urinary, glandular, skin.

Main therapeutic properties

Antidepressant, anti-inflammatory, astringent, cicatrisant, deodorant, haemostatic, stimulant (adrenal cortex), styptic, tonic, vulnerary.

Secondary therapeutic properties

Analgesic, antiseptic, diuretic, fungicidal, sedative, vermifuge.

Main therapeutic uses

Acne, anxiety, broken capillaries, bruises, burns, cellulite, chapped skin, cyclical oedema, debility, depression, dermatitis, diabetes, endometriosis, engorged breasts, exfoliation, glandular problems, greasy skin conditions, inflamed skin conditions, mastitis, mature complexions, menopausal problems, nervous tension, neuralgia, oedema, PMT, poor circulation, sedentary state, sensitive skin conditions, shingles, stress-related conditions, ulcerated skin conditions, wounds.

Secondary therapeutic uses

Gastroenteritis, haemorrhoids, jaundice, kidney stones, ringworm, sore throats, tonsillitis, urinary stones.

Blends with

Basil, bergamot, frankincense, jasmine, lavender, marigold, melissa, neroli, patchouli, rose, sandalwood, thyme.

Safety data

Non-toxic, non-irritant, generally non-sensitizing (except Reunion variety which may cause slight sensitization).

Other information

Constituents and quality of the oil can vary considerably according to the source and type.