

# Benefits Of Geranium Essential Oil

Benefits Of Geranium Essential Oil include reducing inflammation and muscle pain, uplifts mood and balances hormones, reduces anxiety, antiseptic for wound healing, reduces blemishes and acne, increases urination to help flush out toxins, and repels bugs.

Geranium essential oil is extracted by steam distillation from the stems, leaves and flowers of the perennial geranium plant. There are 200 species, often called geraniums, pelargoniums, or storksbills. But the species *pelargonium graveolens*, also called Rose Geranium, is the primary species used for geranium essential oil. The oil produced has a sweet, fresh lemon scent. When obtained from older leaves that have changed color the scent changes slightly to include a rose fragrance.

The oil has been used for millennia. Records show the upper class in ancient Egypt to enhance and beautify their skin and to reduce anxiety. Ancient ruins in Rome showed tubs of geraniums. Dutch traders brought rose geranium to Europeans from Africa in the 1600s.

The medicinal benefits of geranium essential oil come from the organic compounds that make up the essential oil. Several studies have examined the oil to identify these compounds. Here is one:

An article ([Biomass yield, essential oil yield and essential oil composition of rose-scented geranium \(Pelargonium species\) as influenced by row spacings and intercropping with cornmint](#)) appearing in the journal *Industrial Crops and Products* described experiments to determine how crop yield varied with geranium plant spacing and planting other crops between geranium plants. The results showed that closer spacing of

geranium plants produced taller plants (they grew tall to compete for sunlight) and significantly higher yields of biomass and essential oil.

The composition of the geranium essential oil samples was analysed with a gas chromatograph and mass spectrometer and found not to differ significantly between the various crop spacings nor the use of intercrops. The major (presence < 1%) organic compounds found in the geranium essential oils and their percent composition ranges are as follows:

- [Geraniol](#) (27.3 – 28.0%)
- Citronellol (24.4 – 25.6%)
- [Linalool](#) (13.0 – 13.3%)
- 10-epi- $\gamma$ -Eudesmol (5.6 – 5.9%)
- Citronellyl formate (4.0 – 4.8%)
- Geranyl formate (3.1 – 3.5%)
- Geranyl tiglate (2.1 – 1.7%)
- Citronellyl tiglate (1.9 – 2.0%)

## **Cautions**

As with all oils, geranium essential oil should be diluted with a carrier oil (like jojoba, olive or sweet almond oil) before being applied to the skin. It's always best to test the oil on a small patch of skin to make sure you are not allergic to the oil.

Since the oil has not been clinically tested with pregnant and nursing women, pregnant or nursing women should avoid this essential oil. Also, do not use with babies or young children.

Do not take geranium essential oil internally without the supervision of a health professional.

## **Benefits Of Geranium Essential Oil**

Not surprisingly, Geranium-oil is very popular in aromatherapy

and herbal medicine for its health benefits, especially concerning skin health and emotional well-being.

Check out these 5 Reasons You Need a Bottle of Geranium Essential Oil in Your Home.

## **Benefits Of Geranium Essential Oil: Relieve Stress and Fatigue**

Inhaling the sweet aroma of Geranium-oil can uplift your spirits, reduce fatigue, and provide a sense of happiness and wellbeing. It has a positive effect on the body and mind, and you can enjoy this feeling with just a drop or two of this powerful-oil.

Whenever you feel stressed or depressed, or simply need a pick-me-up, take a drop of oil in one palm and rub the palms together. Open the palms over your nose and inhale deeply. It will instantly energize you and put you in a happy-mood. You can also diffuse 2-3 drops of the oil in an essential-oil-diffuser.

## **Benefits Of Geranium Essential Oil: Stem Bleeding from Wounds**

Geranium-oil can be used to stop bleeding from cuts and wounds. When applied topically diluted in a carrier-oil, the oil contracts the blood vessels and promotes blood-clot formation to seal them off. This helps control blood-loss not only from wounds but from bleeding hemorrhoids. The strong antimicrobial property of the essential-oil of Geranium can protect you from pathogens and infectious diseases. It is particularly effective as an antiseptic for disinfecting cuts and wounds on the skin. When applied to scrapes and cuts, it stops the bleeding quickly.

## **Benefits Of Geranium Essential Oil: Excellent for Skin Care**

Your skin cells are continually shed and replaced with new-

cells, but age and certain disease conditions slow down this process. Geranium-oil promotes cell-regeneration, ensuring the skin gets renewed regularly. By increasing collagen, the connective tissue protein underlying the skin, it helps maintain the smoothness and elasticity of the skin.

Add a few drops of the oil to your regular skin lotion or a carrier oil. Apply it regularly as part of your skin care regimen.

## **Benefits Of Geranium Essential Oil: Hormone Balancing Effect**

Geranium-oil has a tonic effect on the body, regulating endocrine function and improving overall well-being in general. Because of this, the essential-oil has a positive-effect on several organ systems, including the respiratory and circulatory-systems. Inhaling the aromatic vapors can provide relief from physical and mental exhaustion. It also regulates the production of stomach-acids and other digestive enzymes, improving digestion and absorption of nutrients.

## **Benefits Of Geranium Essential Oil: Increase Mental Function**

Along with the stress-busting action of Geranium oil, it can improve your mental functioning, and may help prevent neurodegenerative diseases like Alzheimer's. The presence of a toxic deposit called amyloid plaques in the brain tissue is a marker of the neurodegenerative Alzheimer's disease. Chronic inflammation resulting from its presence inflicts further damage on the brain tissue and drives the rapid progression of the disease.

Geranium oil is capable of reducing inflammation in the brain by interfering with the production of pro-inflammatory substances. Inhaling Geranium oil vapors have been found to be beneficial for increasing cognitive function and slowing down cognitive decline in Alzheimer's patients.

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