

# GERANIUM (BOURBON) ESSENTIAL OIL

*Pelargonium graveolens* is a shrub that is also known commonly as rose geranium. It grows to around 1.5 metres and the flowers vary from pale pink to almost white. The essential oil is extracted from the leave, stalks and flowers using steam distillation. With its uplifting rose like aroma geranium essential oil lifts the spirits and is beneficial for oily skin.

<b>Botanical Name</b>	<i>Pelargonium graveolens</i>
<b>Plant Part</b>	Leaves, stalks and flowers
<b>Actions</b>	Uplifting, refreshing, calming, balancing and clarifying.
<b>May Help</b>	Stress, Premenstrual tension, depression, trauma
<b>Fragrance Note</b>	Middle
<b>Blends with</b>	Bergamot, Citrus oils, Lavender, Sandalwood, Jasmine, Rose, Juniper



## Suggestions for use:

BALANCING BLEND	
Geranium (Bourbon)	3
Bergamot	3
Lavender	3
Vaporiser or in 20mL carrier oil	

CREATIVITY BLEND	
Geranium (Bourbon)	2
Orange	5
Bergamot	3
Vaporiser or in 20mL carrier oil	

\*Quantity shown refers to number of drops of essential oils

## Cautions

May cause skin irritation / sensitivity in some individuals; a skin test is recommended prior to use.

Not recommended for use during pregnancy.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.