

EO of the Month  
August-September 2014



**ROSE GERANIUM**

*Pelargonium graveolens*

*Pelargonium roseum*

Plant Origin: South Africa. Now also comes from Egypt, Morocco, France, Italy and Spain. The Rose Geranium from the Reunion Islands, called “Bourbon”, is considered the best.

Plant parts used:

Leaves and sometimes leaves and flowers.

Unusual facts:

“The name *Pelargonium* is derived from the Greek word *palargos*, or stork, since the fruit is thought to resemble a stork’s bill.”<sup>1</sup>

“In Poland, pelargoniums have special significance and are considered a ‘symbol of hope’ and ‘protector of the home’.”<sup>2</sup>

“According to a Muslim legend, the rose geranium was created when the prophet Mohammed hung his shirt on a mallow branch after bathing in a river. The mallow plant was so honored and happy that ‘she slowly transformed herself into a lovely flower with leaves that were richly perfumed’ – the rose geranium.”<sup>2</sup>

“*P. luridum*, a *Pelargonium* with night-scented flowers, has reportedly been used during Zulu courtship rituals in South Africa. According to van der Walt, ‘During courtship, the young [Zulu] men rub a mixture of this root powder and fat of hippopotamus or python on their faces to charm the opposite sex’.”<sup>2</sup>

The leaves can be used in baked goods, fruit preserves and to flavor sugar.

Scent:

Sweet, floral, rose-like scent with a hint of citrus, mint and spice. Used often in perfumery because of its pleasing scent.

Properties:

Analgesic, antibacterial, antidepressant, antidiabetic, anti-inflammatory, antiseptic, astringent, cicatrizant, deodorant, dilates bile ducts of liver for detoxification, diuretic, emmenagogue, hepatic, insecticide, regenerative, rubefacient, sedative, styptic, tonic, vasoconstrictor, vermifuge, vulnerary, insect repellent.

Mental, emotional and spiritual effects:

Uplifts, calms, soothes, relaxes and balances. Good for grief, shock, trauma, anxiety, depression, nervous exhaustion, stress and insomnia. Reconnects us to our emotions, spontaneity, creativity and ability to feel pleasure and enjoyment. May help release negative memories. Provides spiritual protection. Enhances relationships helping to return to love. Assists in the return to conscious awareness.

Physical effects:

Balances hormones (**do NOT use while pregnant**), adrenal gland stimulant, aphrodisiac, regulates blood pressure. Good for nervous tension, stress, PMS, menopause, menstrual cycle irregularities, fluid retention, breast engorgement, circulatory problems (improves blood flow), liver problems such as jaundice, hepatitis and cirrhosis, gingivitis, digestion, insomnia, stress headaches, neuralgia, pancreas imbalances, lymphatic congestion, diarrhea, gall stones, nose bleeds and other hemorrhaging and sore throat. Regenerates tissues and nerves.

Skin:

Heals wounds by reducing inflammation and infection. Good for cellulite, insect bites, eczema, acne, burns, scarring, stretch marks, enlarged veins, lice, shingles, ringworm, herpes, rosacea, broken capillaries, hemorrhoids, inflamed skin, dry skin, mature skin and sebum balance. Delays wrinkles. Helps cuts to stop bleeding. Insect repellent.

Blends with:

Benzoin, bergamot, black pepper, chamomile, citronella, clary sage, clove, cypress, fennel, frankincense, ginger, grapefruit, jasmine, juniper, lavender, lemon, mandarin, neroli, orange, palmarosa, patchouli, peppermint, rose, rosemary, sandalwood, ylang ylang

**CAUTIONS:**

**Do NOT use while pregnant. Consult with your physician if you have adrenal gland issues, because Rose Geranium stimulates the Adrenal Cortex.**

Sources:

<sup>1</sup>[Aromatherapy for Healing the Spirit](#) by Gabriel Mojay

<sup>2</sup>[www.herbsociety.org/factsheets/Pelargonium%20Guide.pdf](http://www.herbsociety.org/factsheets/Pelargonium%20Guide.pdf)

<https://www.mountainroseherbs.com/aroma/f-l.php>

[Aromatherapy](#) by Kathi Keville and Mindy Green

[Your Essential Nature](#) by Nita Morrow Hill

[Essential Oils Desk Reference](#) by Young Living Essential Oils

[The Fragrant Heavens](#) by Valerie Ann Worwood

[The Encyclopedia of Essential Oils](#) by Julia Lawless

[www.essentialoils.co.za/essential-oils/rose-geranium.htm](http://www.essentialoils.co.za/essential-oils/rose-geranium.htm)