Herb of the Month: Geranium



pelargonium ordorantisimum is one of the truest balancing oils. It is an antidepressant and antiseptic. Good for skin care. It works as a great hormone balancer in all hormone related conditions which makes it useful in menstrual disorders. Relieves pain, fights infection, stops cuts from bleeding. Tightens and tones tissue. It is useful to diminish depression, lowers blood sugar levels and helps to reduce fluid retention when massaged into the skin.



Geranium Bath Salts

Try this stress relieving recipe for geranium bath salts by adding:

12 drops of geranium essential oils to
2 cups of coarse, non-iodized sea salt
Create a pink colored salt by adding 2 cups of fresh, crushed rose petals
Or 1 cup dried, crushed rose petals or rose buds.
Add:
1/2 cup baking soda
1 cup whole rose petals or buds
15 drops sweet orange essential oil
10 drops geranium essential oil

Combine all ingredients in a large bowl or container and stir to blend. To use, pour some of the salt under hot running bath water. Stir to dissolve if necessary. Soak for 15 to 20 minutes in this calming formulation.
Store ingredients in a mason jar or tightly closed container to maintain fragrance.



Geranium Jelly

Spread this delightfully floral jelly over your toast! This smooth textured jelly is a favorite in the North and has a wonderful blend of fruit and scented flowers!

Ingredients:

1 quart apple juice or cider
2 cups geranium leaves (rose geranium is best)
4 cups sugar
1 package pectin

Instructions:
Simmer leaves in apple juice 10 minutes. Remove leaves and discard. Add pectin. Bring liquid to a boil that cannot be stirred down. Add sugar stirring constantly. Boil on high for 1 minute. Skim, pour liquid into hot sterilized 1/2 pint jars, process 10 minutes in a boiling water bath. Then allow to cool.



Geranium Pound Cake

Geranium Pound Cake is a delicious dessert that is simple to make and adds a wonderful compliment to any dinner or party. It is complimented with our cooling geranium jelly.

6 rose-scented geranium leaves
2 2/3 cups sugar
1 cup unsalted butter, softened
6 large eggs
1/2 teaspoon lemon extract
3 cups unbleached flour
pinch of salt
1/4 teaspoon baking soda
1 cup sour cream
Zest from one small lemon
Powdered sugar, bittersweet chocolate, organic red roses, rose geranium leaves as optional garnishes
Preheat oven to 300 F. Butter and flour a 10 inch tube pan. (We like to use a heart shaped pan.)

In a food processor, finely mince geranium leaves with sugar.
Add butter and cream mixture until light.
Mix in eggs, one at a time. Add extract.
Blend well. Sift flour, salt and soda together 3 times.
Add alternately with the sour cream to the butter mixture.
Add lemon zest and blend well.
Pour into prepared pan and bake for 1 to 1/2 hours or until golden and firm.
Loosen edges with a knife, and let stand for 15 minutes in the pan, then invert on rack to cool.
Glaze or dust with powdered sugar and line with geranium jelly (see recipe on this page).



Angel's Mist Geranium Essential Oil

(pelargonium ordorantisimum)
Use: One of the true balancing oils. It is an antidepressant and antiseptic. Good for skin care. It works as a great hormone balancer in all hormone related conditions which makes it useful in menstrual disorders. Relieves pain, fights infection, stops cuts from bleeding. Tightens and tones tissue. Diminishes depression, lowers blood sugar levels. Reduces fluid retention
Perfume Note: Middle
Blends well with: Neroli, Rosewood, Fennel, Vetiver, Frankincense, Rose
Source: entire plant
Production method: steam distillation
Aromatherapy benefits: balancing, calming, harmonizing
Aroma type: sweet, rosy, minty
Warning: Can lower your blood sugar level
Safety Information: Avoid if you are hypoglycemic

Suggested Uses of Geranium Essential Oil

The following are potential uses found in or on Modern Essentials, Aromatic Science, PubMed.gov, as well as through anecdotal experience and other resources. Use them to inspire your own ideas, experiment, and see what works for you. (I would like to thank Tara @ **Sustainable Baby Steps** for the gathering of this great information. Please, don't forget to stop by her website at http://www.sustainablebabysteps.com/)

Abandonment
Place one drop in the palm of your hands, rub hands together, and cup over nose and mouth to breathe slowly, or diffuse as desired.

Agitation
Diffuse throughout the room, apply over the heart or solar plexus, or breathe from the palm of your hand.

Airborne Bacteria
Diffuse geranium oil throughout the room as needed. You can even create a room spray.

Anger
Place one drop in the palm of your hands, rub hands together, and cup over nose and mouth to breathe slowly, or diffuse as desired.

Autism
Apply 1-2 drops topically over the feet or base of the neck each day.

Bleeding
Apply 1 drop to the area of concern as needed or work into the reflex points of the feet. Works really well when you cut yourself shaving. (Those of you with bony knees will thank me.)

Breasts, Soothing
Massage 1 drop over the breast as needed.

Bruises
Carefully apply 1-2 drops of geranium oil over the area. Do not massage over bruises as this can cause blood clots to dislodge.

Cancer
Diffuse as desired or use several drops over the area of concern or reflex points of the feet. Consider using with Frankincense, Grapefruit oil, or Hawaiian Sandalwood.

Capillaries, Broken
Carefully apply 1-2 drops of geranium oil over the area. Do not massage the area.

Circulation, Increasing
Massage 1-2 drops over the heart or the extremities of the body daily or as needed.

Connection
Diffuse geranium oil throughout the room, apply over the heart or solar plexus, or breathe from the palm of your hand.

Convulsions
Diffuse as needed, or massage into the reflex points of the feet, the area of concern, or the back of the neck.

Diabetes
Massage 1-2 drops of geranium essential oil over the pancreas. Also consider Cinnamon Bark oil for added support.

Diarrhea
Massage 1-2 drops in a counter-clockwise rotation over the abdomen. Also consider other digestive oils here.

Dysmenorrhea
Massage 1 drop of geranium oil over the lower abdomen as needed or work into the reflex points of the feet daily.

Emotional Support (general)
Diffuse throughout the room, apply over the heart or solar plexus, or breathe from the palm of your hand.

Endometriosis
Massage 1-2 drops of geranium oil over the lower abdomen as needed or work into the reflex points of the feet daily.

Forgiveness
Place one drop in the palm of your hands, rub hands together, and cup over nose and mouth to breathe slowly, or diffuse as desired.

Gallbladder Stones
Apply 2-3 drops over the area 1-3 times a day or massage into the reflex points of the feet.

Grief
Diffuse throughout the room, apply over the heart or solar plexus, or breathe from the palm of your hand.

Hair, Dry
Add a drop to your hair care regime each day.

Heart, emotional
Diffuse throughout the room, apply over the heart or solar plexus, or breathe from the palms of your hands.

Hernia, Incisional
Gently massage 1 drop over the area of concern 1-2 times a day.

Hormonal Balancing
Massage 1-2 drops into the soles of the feet or over any area of concern (such as the pituitary gland) daily. I'd also check out hormonal blends.

Impetigo
Apply 1-2 drops over the area of concern several times a day.

Inflammation
Massage 1-2 drops of geranium oil and 1-2 drops of Frankincense over the area of concern or into the soles of the feet up to several times a day.

Insect Repellant
Diffuse as desired, apply to the body as needed, or add a drop to a cotton ball and place strategically throughout the home. Also consider an insect repellant blend, or the really amazing arborvitae essential oil.

Insomnia
Massage 1 drop over the back of the neck and forehead as needed, or diffuse throughout the room at night.

Jaundice
Diffuse as desired, or massage 1 drop of geranium oil into the area of concern for support.

Jet Lag
Massage 1 drop over the back of the neck and forehead as needed, or diffuse throughout the room at night.

Libido
(Yes, please.) Apply to the back of the neck, soles of the feet, or over the pituitary gland daily or as desired.

Loss
Diffuse throughout the room, apply over the heart or solar plexus, or breathe from the palm of your hand.

Love (encouraging)
Place one drop in the palm of your hands, rub hands together, and cup over nose and mouth to breathe slowly, or diffuse as desired.

Menorrhagia
Apply 1 drop daily to the soles of the feet, or lower abdomen.

Miscarriage
After seeking medical care of course, apply a drop of geranium oil to the lower abdomen 1-2 times a day or more as desired.

MRSA
Diffuse or use topically by massaging into the soles of the feet or over any area of concern. I'd also check out oregano oil and its effects against MRSA.

Osteoarthritis
Massage 1-2 drops into the affected area. Also consider Frankincense, Cypress, White Wir, or a muscle and joint blend.

Osteoporosis
Follow the instructions above for osteoarthritis.

Pancreas Support
Massage 1-2 drops of geranium essential oil over the pancreas each day.

Paralysis
Massage several drops into the soles of the feet and along the spine daily. Also look into popular massage blends.

Pelvic Pain Syndrome
Mix one drop of geranium and one drop of Frankincense and massage over the area daily.

PMS
Apply 1 drop over the lower abdomen or the reflex points of the feet daily.

Post-Labor
Massage 1-2 drops over the lower abdomen several times a day.
Releasing Emotions
Place one drop in the palm of your hands, rub hands together, and cup over nose and mouth to breathe slowly, or diffuse as desired.

Rheumatoid Arthritis
Follow the instructions above for Osteoarthritis.

Shingles
Massage several drops over the area of concern. Also consider Frankincense, Melissa, Oregano, or Lavender.

Skin, Dry
Add 1-2 drops of geranium essential oil to your daily skin care routine.

Skin, Sensitive
Dilute 1 drop of geranium with 3 drops of carrier oil and massage over area of concern.

Spine, Calcified
Massage several drops over the spine daily. You might also look into cellular health blends.

Stress, Environmental
Diffuse throughout the room, apply over the heart or solar plexus, or breathe from the palm of your hand.

Stress, Physical
Massage 1-2 drops of geranium oil into any area of concern as desired.

Trust
Diffuse throughout the room, apply over the heart or solar plexus, or breathe from the palm of your hand.

Ulcer, Gastric
Take several drops of geranium oil internally in an empty veggie capsule, or massage over the reflex points of the feet or area of concern.

Ulcer, Varicose
Gentle apply 1 drop over the area of concern, careful not to use too much pressure.

Vertigo
Apply 1 drop of geranium oil topically to the base of the neck, over the forehead, or inhale from the bottle as desired.

Wrinkles
Add 1-2 drops to your daily skin care regime. Consider using with a skin care blend