

GERANIUM

PELARGONIUM GRAVEOLENS

Country of Origin: Egypt

Steam distilled from leaves and flowering branches

Rose Geranium (*Pelargonium graveolens*) is a steam-distilled oil drawn from the leaves and flowering tops, valued for its complex floral aroma and its strong affinity for the emotional and hormonal systems. Naturally rich in compounds such as citronellol and geraniol, it carries a balancing, regulating character known for supporting emotional steadiness, skin health, and hormonal rhythm.

Its aroma is soft, floral, and slightly rosy with a green, herbaceous edge, offering both lift and grounding at the same time. It is often used when emotions feel suppressed, out of balance, or disconnected, or when the body is showing signs of hormonal or skin-related imbalance.

In both aromatic and traditional use, rose geranium has been regarded as a harmonizing oil for supporting emotional expression, skin tone, and internal regulation. It works by restoring flow, helping the system move out of rigidity or excess and into a more balanced, responsive state.

FUNCTIONAL CONSTITUENTS

Citronellol	A primary monoterpene alcohol in geranium, citronellol contributes to its soft, rosy aroma. It is associated with supporting skin health and balance, while also promoting a calming, stabilizing effect on the nervous system.
Geraniol	A key constituent that reinforces the oil's floral character. Geraniol is known for its role in supporting skin tone and repair, as well as contributing to the oil's antimicrobial and protective properties.
Linalool	Present in smaller amounts, linalool adds a gentle calming influence. It is associated with easing nervous tension and helping create a more relaxed, emotionally balanced state without dulling clarity.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC10281030/ https://pmc.ncbi.nlm.nih.gov/articles/PMC11434692/ https://pmc.ncbi.nlm.nih.gov/articles/PMC6913739/



HOW WE SOURCE

Rose geranium oil is shaped by the quality of the plant and the conditions in which it is grown. We look for *Pelargonium graveolens* cultivated in warm, stable climates where the leaves and flowering tops can develop a full, balanced aromatic profile.

The aerial parts are harvested and steam distilled to preserve their volatile compounds. Because geranium is valued for its balance and complexity, careful handling is essential. We look for oil that is fresh, floral, and softly green, never flat, overly sweet, or sharp.

OUR GERANIUM IS:

- ✓ Steam distilled from leaves and flowering tops
- ✓ Unrefined and not standardized
- ✓ Naturally rich in citronellol and geraniol
- ✓ Harvested at peak aromatic development
- ✓ Floral, green, and softly balanced

We look for oil that carries a fresh, rosy profile with a clean herbal edge, an immediate sign of proper harvest and careful distillation. Flat, overly sweet, or sharp oil indicates imbalance, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Fresh, rosy-floral aroma*
- Slightly herbaceous edge*
- Smooth, well-balanced profile*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Overly sweet, perfumey scent*
- Flat or dull aroma*
- Adulterated or extended oil*
- Clear or plastic packaging*

HOW TO USE GERANIUM

Rose geranium is commonly used when the goal is emotional balance, hormonal support, and maintaining healthy skin. It fits easily into aromatic, topical, and occasional internal use.

Aromatic

Diffuse 2–4 drops or inhale directly. Often used to support mood balance, ease tension, and encourage a more open, emotionally responsive state.*

Internal

Use sparingly in a capsule with a carrier (1 drop). Commonly used to support hormonal balance and overall system regulation.*

Topical

Dilute with a carrier oil and apply to face, neck, or lower abdomen. Often used to support skin tone, hormonal rhythm, and overall balance.*

Bath

Add 3–5 drops to bath salts before dispersing in warm water. Often used to relax the body and support emotional and hormonal equilibrium.*

WHAT IT SUPPORTS

Rose geranium is traditionally used when the goal is restoring balance across emotional, hormonal, and skin systems. It supports:

- Emotional steadiness and mood balance*
- Hormonal rhythm and menstrual comfort*
- Skin tone, clarity, and overall skin health*
- Healthy inflammatory response in the skin*
- A calm, regulated, and responsive state*

Used consistently, it helps the body feel more balanced, composed, and in sync, supporting emotional expression, skin health, and overall system regulation.

GERANIUM IN THE STILLROOM

Rose geranium has long been kept in the stillroom as a harmonizing oil to be used when the system feels out of balance, whether emotionally, hormonally, or through the skin. Distilled from the leaves and flowering tops of *Pelargonium graveolens*, it is associated with restoring equilibrium, supporting skin tone, and encouraging a more steady, responsive state.

It is often reached for during times of emotional tension, hormonal fluctuation, or when the skin is reactive or unsettled. This is not a heavy or sedating oil. It works with balance, helping regulate without suppressing and restore flow without overstimulation. Used in small amounts, it supports a more even, composed state across both mind and body.

MORE WAYS TO USE GERANIUM

Daily Skincare Boost

Add 1 drop to your moisturizer or facial oil. Commonly used to support skin tone, clarity, and overall balance.*

Midday Reset

Inhale from palms or a tissue. Often used to recalibrate mood and reduce emotional tension without sedation.*

Cycle Support Blend

Dilute and apply to lower abdomen during hormonal shifts. Commonly used to support comfort and rhythm.*

Hair & Scalp Care

Add a drop to shampoo or carrier oil for scalp massage. Often used to support balance and a healthy scalp environment.*

Natural Fragrance

Apply diluted to pulse points. Often used as a soft, floral alternative to synthetic perfumes while supporting emotional balance.*

CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

ZILARA

GERANIUM

Pelargonium graveolens

STEAM DISTILLED • EGYPT



10 mL / 0.34 fl oz

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water and use. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, diffuse 2–4 drops per hour.

Supplement Facts

Supplemental Facts	gDV
Geranium (Pelargonium graveolens) Steam Distilled	100%
Serving Per Container: About 200	
Amount Per Serving	
Geranium (Pelargonium graveolens) Steam Distilled	100%
From Egypt, steam distilled	
100% pure and natural	

Caution: Keep out of reach of children. Avoid contact with eyes. Recontact with irritated skin may cause further irritation. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.



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