



**Essential oils have numerous benefits but should be handled cautiously:**

- Due to their concentration, the essential oils must always be diluted.
- Avoid direct or indirect contact with eyes.
- Keep out of reach of children.
- Do not use for children under 3 years of age.
- Observe restrictions for pregnant women.

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**Geranium oil benefits:**

1. Use in combination with a bath oil to alleviate intense anxiety
2. Use in a burner, in bath and in massage to elevate moods especially in Premenstrual Syndrome
3. Add to bathwater or use as a massage oil to treat heavy bleeding during menstrual periods
4. Use in a burner, in bath and in massage to relieve tension that could lead to partial infertility or deal with low libido in menopausal stages
5. Add a few drops to bathwater, vaporize or apply a gentle massage at bedtime to promote relaxation and a restful sleep
6. Use to treat greasy hair and reduce flaking by a massage on the scalp
7. Use in bathwater, as ointments or in steam treatments to moisturize dry skin
8. Can help relieve the itchiness and inflammation of irritated skin, psoriasis, dermatitis and eczema when added to bathwater or used in ointment
9. Use in compress and bath to help relieve hemorrhoids
10. Add to bathwater to ease symptoms of cellulite/water retention
11. Use in a massage oil, compress, burner or add to bathwater to relieve cramps
12. Use in bath or massage into the bladder area to relieve kidney stones
13. Use in a compress or in bath to help relieve bites and stings
14. Dab neat geranium oil on bruises



**Rwandan Natural fragrance**

Ikirezi Natural Products is a community-interest business with the vision to be a leading producer of high quality essential oils and other natural plant products that maximizes profits to small farmers, holistically transforms communities, and strengthens agribusiness in Rwanda.

**Geranium oil**

