



Known for its rose scent, essential oil of rose geranium is commonly used in cosmetics, fragrances, and aromatherapy products. Geranium oil is often described as a natural perfume.

This uplifting oil has a great all-over balancing effect on people from the skin to the emotions. Geranium oil helps to create balance between oily and dry skin, keeping the skin supple and clearing congested skin. Geranium oil helps also to relieve feelings of stress and anxiety and contribute to balancing the hormonal system.



Geranium oil

Wholly derived from *Pelargonium graveolens*, rose geranium essential oil is extracted from fresh leaves through the process of steam distillation.

The main constituents are:
Citronellol and geraniol



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Geranium oil can be used in:

Burners and vaporizers :(1-3 drops) in vapor therapy rose geranium oil can be used to help relieve stress, mild depression, PMS, anxiety and tension, menopausal problems and for general energizing.

Blended massage oil or in the bath: rose geranium oil can be used in blended massage oil (1-2%), or diluted in a bath (10-15drops/full bath) to alleviate PMS, depression, stress, anxiety and tension, fluid retention, edema, eczema, shingles, cellulite, bruises, ringworm, hemorrhoids and menstrual irregularities.

Cream or lotion :(2%) as a constituent in a blended cream or lotion, rose geranium essential oil can be used for clearing sluggish and oily skin, as well as wound, burn and ulcer healing and has value to treat eczema, repelling insects, shingles, cellulite, ringworm, bruises and engorgement of the breasts.

Shampoo: (10-20drops/100ml) rose geranium oil can also be diluted in shampoo to help fight against head lice.