



Palmarosa “Normalizing”

Cymbopogon martinii

Body/Emotional/Other Benefits

Palmarosa essential oil is:

- Anti-bacterial – helps to control bacteria
- Antiseptic – helps to control infection
- Anti-viral – helps to control viruses
- Cytophylactic – encourages the growth of skin cells
- Febrifuge – cooling and reducing a high body temperature
- Stimulant – increases the physiological functions of the circulatory system
- Tonic – strengthens and improves the performance of the digestive system

Palmarosa is beneficial for: exhaustion and stress; moisturizing the skin; balancing sebum production and acne; cuts, wounds and scars; mature skin and wrinkles; varicose veins; aids the digestive system; normalizing the thyroid; raising the blood pressure; fever; flu; hair loss; repelling mosquitoes.

Suggested Use

Dilute 10 drops in 1 oz carrier oil or lotion for application to the skin or in the bath. For steam inhalation use 4 drops in 2 cups of hot water.

Use palmarosa in a carrier lotion for treating any skin condition, whether dry or oily, damaged or mature. It is particularly helpful where there is infection due to its antiseptic properties.

Use two to three drops of palmarosa in a Kasia H2EO® AirCare Ultrasonic Diffuser for convalescence, as well as exhaustion, stress, and nervousness.



Kasia Apothecary Essential Oils

Chemical Constituents

farnesol, geraniol, geranyl acetate, linalool

Precautions

Avoid if you have a history of high blood pressure.

Our distiller growers provide GCMC traces to us to ensure authenticity and therapeutic quality.
Kasia products are not intended to diagnose, cure or prevent any disease.