

# PALMAROSA

*Cymbopogon martinii var. motia*

**Aromatic molecules** : geraniol, geranyl acetate

**Distilled organ** : arial part

This grass of Indian origin has long, narrow leaves and linear inflorescences. With its very pleasant fragrance, this essential oil is ideal for all fungal, scarring and eczematous skin ailments. Definitely one of the 10 major essential oils.

## Traditionally known for its properties

major broad-spectrum antibacterial • fungicide • antiviral and immune stimulant • cicatrizant • uterine and nervous tonic.

## Professional advice

- external : for all infections, a few drops of CTEO several times a day applied to the affected area: on the neck (pharyngitis), on the sinuses (sinusitis), around the ear (otitis), on the eczematous skin, on the lower stomach and lower back (enteritis and cystitis). The uterine action, useful during childbirth, will increase when 5 drops CTEO + 5 drops apricot kernel or hazelnut oil are massaged into the lower back, repeat every 20 minutes.
- on a daily basis : 1 drop of palmarosa and 1 drop of rosemary ct verbenone in your day cream will regulate the secretion of sebum, will hydrate your skin and will stimulate the regeneration of the cutaneous layers.

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion
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## Useful recommendations

nor recommended for pregnant women

## Traditional indications

- rhinopharyngitis, sinusitis, otitis +++
- cystitis, retthritis, vaginitis, cervicitis, salpingitis +++
- acne, eczema, wounds, pressure sores +++
- skin, digestive and gynaecological fungal infections +++
- stress, irritability +++
- easier childbirth ++++

## Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

**PRANARÔM**   
aromatherapy

***Aromatherapy and information about it should never be used to replace a doctor's visit.***