



## Palmarosa

Latin names: *Cymbopogon martinii* var *motia* = *Cymbopogon martinii* var *martinii*

French names: Palmarosa

Other English names: Rosha grass

Extracted from: aerial parts



Top efficient anti-infectious oil and super easy to use.

The one essential oil for the skin.

One or two drops on the heart to calm down internal tensions.

Rosy and feminine.

Delicious in truffles and fondant cakes even within minuscule proportions.

Do you fancy avoiding the dentist's drill? One drop of palmarosa oil on your toothbrush 2 or 3 times a week and caverties will flee your sweet breath so much that your partner will not be able to resist it.

### ***The plant, its legends and its botany***

Palmarosa is a grass (Poaceae) made of big and tall clumps. It grows near major rivers on the Indian subcontinent. It is also found in the Caribbean where people regularly use it as a beverage in order to avoid acne.

In aromatherapy, the oil is extracted from the leaves like in the Caribbean. They resemble long sharp and freshly sharpened swords which fight microbes.

And yet it always shows sweetness wherever it can also show radical efficiency. Despite its scary look (with hairy leaves), it is at least as efficient as phenol-y essential oils. For these so powerfully anti-infective properties, we could fear a high price but it is reasonably affordable.

And now another use, often advertised for Palmarosa. Did you know that it could be slimming...? I didn't either. Slimming for purse or honesty maybe, as many sellers falsify Rose essential oil with Palmarosa. Not by replacing it totally but simply by mixing them half-half. What a price difference! Note that this is an advantage: a pretty smell with an affordable price allows us to diffuse what should be Rose oil without any guilt.

### ***Energetic properties***

Makes the urge to be perfect less important.  
Softens people.  
Reduces guilt.  
Pacifies the heart when torn between two goals or two duties.  
Calms your relationship with your mother.  
Reduces anxiety and stress.  
Romantic and soft.

### ***Chakras***

1st chakra  
4th chakra  
2nd chakra

### ***Doshas***

Reduces authoritarian Pitta  
Calms dispersed Vata  
Stimulates Kapha

### ***Elements***

Earth (and Air)

### ***Standard chemotype***

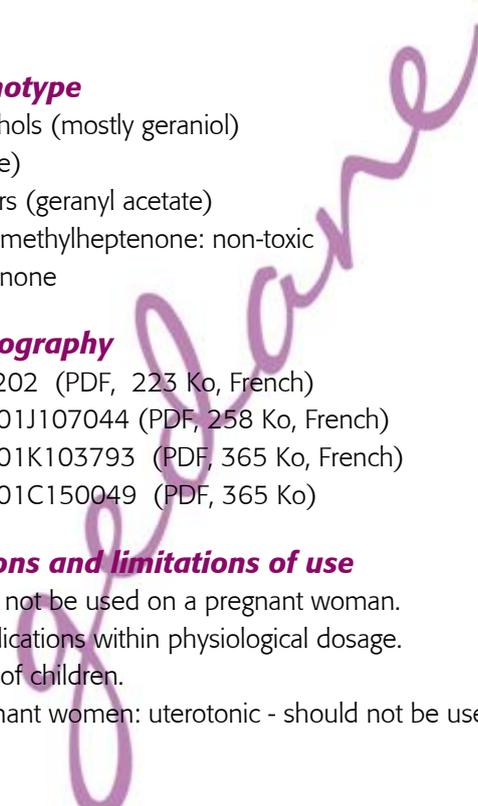
Monoterpene alcohols (mostly geraniol)  
Oxides (1.8-cineole)  
Monoterpene esters (geranyl acetate)  
Ketones: traces of methylheptenone: non-toxic  
Furanocoumarins: none

### ***Batch chromatography***

Batch, PAL2001/202 (PDF, 223 Ko, French)  
Batch, PAL501J107044 (PDF, 258 Ko, French)  
Batch, PAL501K103793 (PDF, 365 Ko, French)  
Batch, PAL501C150049 (PDF, 365 Ko)

### ***Contraindications and limitations of use***

Uterotonic: should not be used on a pregnant woman.  
No other contraindications within physiological dosage.  
Keep out of reach of children.  
Children and pregnant women: uterotonic - should not be used on a pregnant woman.



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The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.  
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