



Essential Oil Solutions: Targeted Blends with Geranium



Geranium Recipes



Anti-Fungal Foot Spray

- 2 oz witch hazel (or half witch hazel, half distilled water)
- 10 drops Geranium oil
- 8 drops Tea Tree oil
- 5 drops Lavender oil
- Optional: 1 drop Lemongrass oil

Instructions:

Shake before each use. Spray directly onto clean feet and between toes 2–3 times daily. Let air dry. Continue for 2 weeks after symptoms disappear.

Geranium Recipes



Fungal Foot Soak

- 1 tbsp sea salt or Epsom salt
- 5 drops Geranium oil
- 4 drops Tea Tree oil
- 2 drops Peppermint oil
- 1 tsp apple cider vinegar (optional)

Instructions:

Dissolve ingredients into a basin of warm water. Soak feet for 15–20 minutes, 3–4 times per week.

Geranium Recipes



Hormone Harmony Roll-On

- 10 mL roller bottle
- 10 drops Geranium oil
- 5 drops Clary Sage
- 5 drops Lavender
- Fill with fractionated coconut oil or grapeseed oil

Instructions:

Apply to wrists, ankles, or lower abdomen.
Use daily or during hormonal fluctuation.

Geranium Recipes



Stress-Relief Diffuser Blend

- 4 drops Geranium
- 3 drops Orange
- 2 drops Frankincense
- 1 drop Patchouli

Instructions:

- Diffuse during the day or while winding down in the evening.

Geranium Recipes



Skin Glow Serum

- 1 oz jojoba or rosehip seed oil
- 8 drops Geranium
- 5 drops Frankincense
- 3 drops Carrot Seed oil
- 3 drops Helichrysum (optional)

Instructions:

Apply 3–5 drops to clean face before bed.
Use consistently for best results.

Contact Jacque

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QR Code for Oils



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