

Blue Tansy Essential Oil



Botanical Name	<i>Tanacetum annuum</i>
Botanical Family	Asteraceae
Aka	Moroccan Tansy, Moroccan Blue Chamomile, Moroccan Chamomile
Aroma	Sweet, herbaceous, fruity
Extraction Method	Steam distilled
Plant Part Used	Flower
Shelf Life	4-5 years
Kid Safe?	Yes, max dilution 1%
Safety Concerns	Possible drug interactions

Sweet
Fresh
Aroma

Encourages
the Spirit

Soothes
Irritated Skin

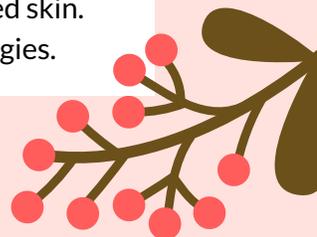
Supports
Respiratory
Health

Blue Tansy Essential Oil Benefits:

- Soothe itchy bug bites
- Supports self-esteem
- Promotes Clear Breathing
- Helps soothe nervous tension
- Diminishes appearance of blemishes
- Aids the body in natural recovery after exercise
- Uplifts mood & creates a positive atmosphere
- Natural antihistamine, alleviates seasonal allergies
- Reduces muscle cramps

Blue Tansy Essential Oil Uses:

- Mix with jojoba oil and enjoy as a natural massage blend for sore muscles.
- Add a drop to a diffuser necklace to encourage the spirit and boost confidence.
- Diffuse to create a positive space.
- Place one drop in the palm of hand, rub hands together then deeply inhale the aroma.
- Blend with a carrier oil and rub onto your chest and neck for respiratory support.
- Use 2 teaspoons of carrier oil, like argan oil, and add 2 drops to assist with red and inflamed skin.
- Use in an aromatherapy inhaler for allergies.





Essential Oil Challenge



My Oil:

Getting To Know Your Essential Oil

Spend a day with your essential oil and really get to know the oil, how it makes you feel, what it reminds you of, how it can help you in your life. I challenge you to remove the cap and unlock this powerful oil so you can enjoy its value.

Answers These Questions:

1. What is the botanical name of this essential oil?
2. What is the body system is it most beneficial for?
3. What are some ways it can support you emotionally?

Ponder The Aroma:

1. How do you feel when you smell it?
- 2 Does the aroma remind you of anything, anyone or any place?
3. List words you would use to describe the aroma:

Use Your Oil:

1. Place 2 drops on a tissue and smell it throughout the day to get familiar with its aroma.
2. Make one recipe from our blog post and use your creation.
3. Share your experience with us, email us at jen@lovingessentialoils.com and tell us what you have learned about this oil and how it has helped you (or if it hasn't).