



CHAMOMILE German Essential Oil

Botanical Name: *Matricaria chamomilla*

Plant Part: Flowers

Origin: India/Nepal/Hungary

Processing Method: Steam Distilled

Child Safe: Yes

Description / Color / Consistency: A thin blue to bluish-green liquid.

Aromatic Summary / Note / Strength of Aroma: A medium middle note, Chamomile Essential Oil has a soft, woody fragrance similar to that of Moroccan Chamomile.

Blends Well With: [Basil](#), [Frankincense](#), [Geranium](#), [Eucalyptus](#)

Major Constituents

Bisabolol

Farnesol

Azulene

Farnasene

Thujanol

Source: Shirley Price, The Aromatherapy Workbook (Hammersmith, London: Thorsons, 1993), 54-5.

The Chamomile plant is an annual plant that grows in the Mediterranean and in the Middle East. Chamomile oil is deep, rich, inky blue distilled oil from flowers grown in Germany. With its darker blue hue, German chamomile oil is used as calming agent, and deeply healing oil to many respiratory and skin conditions. German Chamomile oil is also a very powerful anti-inflammatory agent due to the presence of a compound called Azulene. It is a nitrogenous compound and is responsible for giving the oil its characteristic deep blue color. These are not the only medicinal properties of Chamomile Oil. German Chamomile regulates the flow of Chi or Life Force in the body by cooling inflammation in the body. It therefore, will calm and cool any condition that is inflamed or creating heat (anger, irritation, rage, disgust, etc.).

Along with [Helichrysum](#), German Chamomile is one of the most potent anti-inflammatory essential oils.

Common Uses: Acne, allergies, boils, burns, cuts, chilblains, dermatitis, earache, eczema, hair care, inflammations, insect bites, rashes, sensitive skin, teething pain, toothache, wounds, arthritis, inflamed joints, muscular pain, neuralgia, rheumatism, sprains, dyspepsia, colic, indigestion, nausea, dysmenorrhagia, headache, insomnia, nervous tension, migraine and stress-related complaints (from The Encyclopedia of Essential Oils by Julia Lawless).

Cautions



Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

****These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#)