



YARROW Essential Oil



Botanical Name: *Achillea millefolium*

Main Constituents:

β-Pinene: 15.5%

Sabinene: 6.3%

Camphor: 13.2%

Plant Part: Flowers

Origin: Hungary

Processing Method: Steam Distilled

Child Safe: See safety precautions below

Description / Color / Consistency: A thin, clear, greenish to dark blue liquid.

Aromatic Summary / Note / Strength of Aroma: A top note with a medium aroma, Yarrow is sweet and herbaceous, with spicy tones.

Product Abstract: Yarrow is also known as milfoil, a reference to its feathery appearance from fern-like feathery leaves. It is a perennial herb with a simple stem that can grow up to one meter (3 feet) in height, bearing numerous pale pink flower heads. Yarrow has a long history as a medicinal herb, which goes back to the legend of Achilles who used it for wounds inflicted during the Trojan War. It is often used in cosmetics for dry skin.

About Yarrow: The yarrow is an erect herbaceous perennial plant that produces one to several stems. It is a flowering plant in the family Asteracea and the scientific name is *Achillea Millefolium*. The yarrow is native to regions of the Northern Hemisphere in Asia, Europe and North America and commonly flowers between May and June. This plant is also known by the name Soldier's Woundwort or Herbal Militarism because it was used during times of war to staunch the flow of blood from the soldiers' wounds. Today it is produced in the Balkans, United States of America, Hungary, France and Germany.

Yarrow Essential Oil is blue in color and is similar in hue to that of German Chamomile Essential Oil and Blue Tansy Essential Oil due to its chamazulene content. Chamazulene is a sesquiterpene that exhibits anti-inflammatory and antispasmodic properties. It is sometimes known as Blue Yarrow Essential Oil.

Common Uses:

Rheumatism, arthritis, inflamed or injured muscles, muscular cramp, menstrual cramp, scarring, acne (from *The Complete Book of Essential Oils and Aromatherapy* by Valerie Ann Worwood).



Safety Information

Tisserand and Young caution that a drug interaction may occur if using drugs metabolized by CYP2D6. Neurotoxicity is possible. They recommend a dermal maximum of 8.6%. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 243.]

****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.**

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