

# Blue Tansy

TANACETUM ANNUUM

Blue Tansy is an uplifting oil that helps to brighten up any room that it is diffused in.

## COUNTRY OF ORIGIN

Europe

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Flower, leaf, stem

## BOTANICAL FAMILY

Asteraceae (Compositae)

## CHEMICAL FAMILY

Monoterpenes, Sesquiterpenes, Monoterpenols, Ketones

## AROMA

Warm, sweet, soft

## NOTE

Middle

## SAFETY

- Due to high camphor in Blue Tansy, avoid use with persons with epilepsy and Parkinson's disease..

May cause skin irritation or sensitization if the oil has oxidized. Use at least 5% - 50% dilution.

## THERAPEUTIC PROPERTIES

ANTIDEPRESSANT	NERVINE	ANTIFUNGAL
ANTISEPTIC	SEDATIVE	ANTIOXIDANT
ANTISPASMODIC	ANALGESIC	IMMUNOSTIMULANT
APHRODISIAC	ANTI-INFLAMMATORY	ANTIBACTERIAL
CIRCULATORY STIMULANT	ANTIVIRAL	

## BODY SYSTEMS

INTEGUMENTARY

WOUND & INFLAMMATION

LIMBIC

ANXIETY, STRESS & ANGER

REPRODUCTIVE

APHRODISIAC

RESPIRATORY

EXCESS MUCOUS



REFERENCES:

1. EVIDENCE-BASED ESSENTIAL OIL THERAPY, DR. SCOTT A. JOHNSON, 2015, SCOTT A. JOHNSON PROFESSIONAL WRITING SERVICES, LLC
2. MODERN ESSENTIALS, A CONTEMPORARY GUIDE TO THE THERAPEUTIC USE OF ESSENTIAL OILS, SEVENTH EDITION 2015, AROMA TOOLS
3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
4. NAHA [HTTPS://NAHA.ORG/EXPLORE-AROMATHERAPY/SAFETY/GENERAL-SAFETY-GUIDELINES](https://naha.org/explore-aromatherapy/safety/general-safety-guidelines)
5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS