

German Chamomile

MATRICARIA RECUTITA

Chamomile is native of Europe and Western Asia. The word 'Chamomile comes from the Greek word chamomaela or ground apple, referring to the fact that the plant grows low to the ground, and the fresh blooms have a pleasing apple scent. Added to a bath or rubbed on aching muscles, German Chamomile's anti-inflammatory and cooling action relaxes and speeds pain relief. It also soothes nerves and promotes sleep. The high content of farnesene is a significant contributor to antimicrobial properties.

COUNTRY OF ORIGIN

England, Europe, Asia

EXTRACTION METHOD

Steam Distillation

PLANT PART

Flower

BOTANICAL FAMILY

Asteraceae

CHEMICAL FAMILY

Sesquiterpenes, Sesquiterpenols, Oxides

AROMA

Herbaceous

NOTE

Base-Middle

SAFETY

- Non-toxic
- Non-irritating unless oxidized.
- If oxidized, the potential for irritation and sensitization exists.

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THERAPEUTIC PROPERTIES

The high sesquiterpene content contributes to the anti-inflammatory and pain-relieving effects of German Chamomile. It also promotes the regeneration of the skin caused by burns, rashes, and cuts. Chamomile is a cleanser of the blood, aids liver and pancreas function. It also helps to dispel anger and stabilize emotions.

ANALGESIC	ANTISPASMODIC	SKIN HEALING
ANTIALLERGENIC	ANTIVIRAL	TONIC
ANTIBACTERIAL	CICATRISANT	WOUND HEALING (BURNS)
ANTI-INFLAMMATORY	CNS SEDATIVE	COOLING
ANTIHISTAMINIC		

BODY SYSTEMS

CIRCULATORY

LOWER BLOOD PRESSURE & PALPITATIONS

INTEGUMENTARY

DRY & OILY SKIN, INSECT BITE, BEE & HORNET STINGS

LIMBIC

CALMING, STRESS & SHOCK, ANGER & IRRITABILITY

MUSCULAR

ACHES & PAINS

REPRODUCTIVE

PMS & MENOPAUSE



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