



Name	Latin Name	Origin
Chamomile, German	Matricaria chamomilla (Synonym: Matricaria recutita)	England
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$97	
Part of plant	Safety note	Conservation Status
Flowers	Non-toxic, non-irritating unless oxidized. Oils containing farnesene and alpha-bisabolol inhibit some metabolizing enzymes (Cyp2D6) and could potentiate the actions of some antidepressants such as quinidine, fluoxetine and paroxetine.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Also known as blue chamomile • German chamomile essential oil is a deep blue color, which reflects its truly medicinal properties. • Rich in sesquiterpenes 	<ul style="list-style-type: none"> • Analgesic • Anti-cancer • Anti-allergenic • Anti-inflammatory • Antifungal • Antihistaminic • Antispasmodic • Antiviral • Cicatrizant, cell-regenerative for skin, healing for scars. • CNS (central nervous system) sedative. • Cooling • Helps maintain normal allergic reactions. • Skin healing • Tonic • Wound healing • Effective for reducing minor pain and inflammation. • The perfect choice when looking to support overall skin health and assist in helping with wound management and support for healing scars. • Emotionally grounding and calming. Useful during difficult times as it often helps dissipate feelings of anger and frustration. German Chamomile essential oil is also a welcome support during periods of situational anxiety and/or depression.

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the</p>	

sum of their separate effects.

1st component synergy

α-Bisabolol (anti-allergenic, antibacterial, antifungal, anti-inflammatory, anti-irritant, antioxidant, antiparasitic, antispasmodic, antitumoral, gastroprotective, skin penetration enhancer, wound healing).

1st essential oil synergy combinations

poplar bud, Western Australian sandalwood .

2nd component synergy

α-bisabolol oxide A and B, chamazulene, trans-β-farnesene (antibacterial, anti-inflammatory, anti-oedema, antioxidant, antispasmodic, hepatoprotective, neuroprotective) .

1st essential oils synergy combinations

blue cypress (also guaiazulene), blue tansy, Roman chamomile, yarrow.

2nd essential oil synergy combinations

cananga, jasmine sambac (β-farnesene), ylang ylang essential oil and absolute.

Potential physical therapeutic solutions

Eczema, inflammation, allergy, wounds: balsam copaiba, blue cypress, cannabis, Atlas cedarwood, helichrysum, juniperberry, lavender, melissa, niaouli, patchouli, poplar bud, tea tree, vetiver

Hayfever: lavender, peppermint, rose, sandalwood

Headache/tension: peppermint

Inflammation, pain, spasm, oedema: angelica root, blue cypress, clary sage, juniperberry, lavender, geranium, sweet marjoram, clary sage, Roman chamomile, Western Australian sandalwood, yarrow, ylang ylang

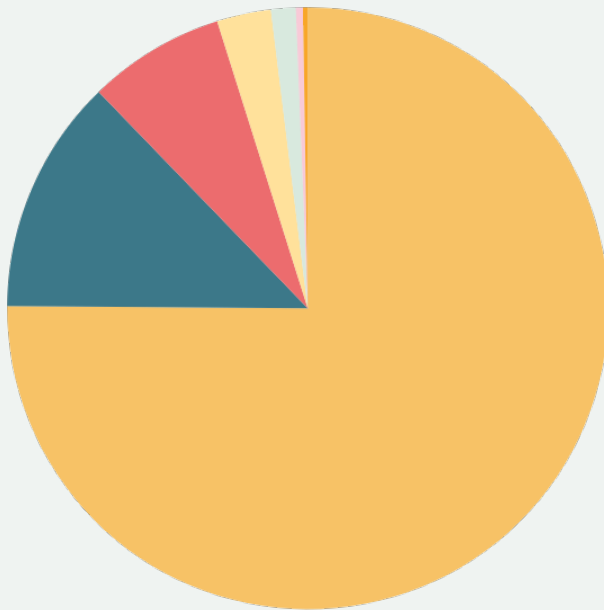
References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon

Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings	
Middle base	Balancing	2	
	Calming	Circulatory/Lymphatic	1
		Immune/Infection	2
		Muscular/Skeletal	1
		Neurological	2
		Reproductive	3
Skin	3		

Ingredient notes



Chemical families

sesquiterpenes	59.35%
oxides	9.99%
sesquiterpenols	5.82%
monoterpenes	2.3%
ketones	1.05%
alkanes	0.3%
monoterpenols	0.2%
acids	0%

Complete chemical breakdown

sesquiterpenes

b-farnesene	43.71%
α -farnesene	4.1%
bicyclogermacrene	3.99%
germacrene d	3.21%
chamazulene	3.05%
α -isocomene	0.5%
b-sesquiphellandrene	0.33%
aromadendrene	0.27%
ledene	0.19%

sesquiterpenols

α -bisabolol	4.05%
spathulenol	0.9%

oxides

bisabolol oxide b	5.74%
bisabolol oxide a	4.25%

monoterpenes

b-ocimene	1.62%
sabinene	0.3%

b-eudesmol	0.54%
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nerolidol	0.12%
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globulol	0.08%
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viridiflorol	0.07%
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ledol	0.06%
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ketones

artemisia ketone	0.7%
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trimethyl-pentadecanone	0.35%
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monoterpenols

linalool	0.2%
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p-cymene	0.17%
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d-limonene	0.11%
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camphene	0.1%
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alkanes

pentacosane	0.3%
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acids

palmitic acid	0%
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