

EO of the Month
Arial 7.5 pt



German CHAMOMILE
(also called Blue Chamomile)

Matricaria recutita

Plant Origin:
Europe, particularly Central Europe and Northern Europe.

“German chamomile grows about 60 cm (2 feet) high and has a hairless branching stem, with delicate feathery leaves and simple daisy like white flowers on single stems. It has smaller flowers but grows taller than Roman Chamomile.”¹

Largest Producing Countries:
Bosnia, Spain, France and Hungary

Plant parts used:
Steam distillation of the flowers.

Unusual facts:
*“‘Matricaria’ comes from the Latin word **matrix**, meaning ‘womb’, reflecting the herb’s age-old use as a remedy for treating menstrual disorders.”²*

The deep blue color comes from the organic compound **azulene**, the main active constituent that forms blue crystals. Azulene is highly anti-inflammatory and fever-reducing. So German Chamomile is often used in skin preparations for irritated, sensitive, and mature skin, and in pharmaceutical preparations to reduce fevers.

Color and Scent:
Deep blue. Sweet, straw-like, hay-like.

Properties:
Analgesic, anti-allergenic, anti-spasmodic, antibiotic, anti-inflammatory, antiphlogistic, bactericidal, carminative, cicatrisant, cholagogue, emmenagogue, hepatic, digestive, sedative, stomachic, vermifuge, vasoconstrictor and vulnerary, sedative.

Mental, emotional and spiritual effects:

Insomnia, nightmares, nervous tension, restlessness, stress, anger, stabilizes emotions, helps release emotions from the past, soothe and clear the mind.

Physical effects:

Colitis, chronic gastritis, neuritis, cystitis, blood cleanser, shingles, increase liver function and secretion, liver regeneration, liver and gallbladder disorders, supports pancreas, menopause, PMS, toothaches, ulcers, kidney stones, colic, flatulence, bursitis, tendonitis, rheumatism, inflamed joints, carpal tunnel, headaches, parasites, ulcers, asthma, measles, mumps, earache.

Skin:

Skin regeneration: Rosacea, sensitive skin, acne, dry skin, mature skin, infections, wounds, abscesses, burns, sunburns, insect bites, rashes, cuts, dermatitis, teething pain, acne, eczema, infected nails, sores.

Blends with:

Bergamot, Birch, Fir, Grapefruit, Helichrysum, Hyssop, Jasmine, Lemon, Lemongrass, Marjoram, Melaleuca, Rose, Sandalwood, Spearmint, Spruce, Ylang Ylang. For skin conditions, blend with Lavender and Rose Geranium.

CAUTIONS: Avoid if pregnant. Sometimes treated with Agent Orange, a highly toxic substance. Be sure your supplier has tested for Agent Orange. Test for skin sensitivity. Otherwise, it is non-toxic and a non-irritant.

Sources:

¹ www.essentialoils.co.za/essential-oils/chamomile.htm

² [Aromatherapy for Healing the Spirit](#) by Gabriel Mojay
[Essential Oils Desk Reference](#) by Young Living Essential Oils
[Complete Aromatherapy Handbook](#) by Susanne Fischer-Rizzi
www.aromaweb.com

[The Aromatherapy Book](#) by Jeanne Rose