

Chamaemelum nobile / *Matricaria recutita*

CHAMOMILE

One of the gentlest of oils, chamomile has a very soothing effect and is well suited to treating children. It was revered by the Ancient Egyptians and has long been associated with herbal medicine. According to the herbalist Nicholas Culpeper, writing in *The English Physician* (1652), "bathing with a decoction of chamomile taketh away weariness and easeth pain".

SCENT
Pungent, herbaceous, fruity

NOTE

MIDDLE

EXPENSE RATING

CAUTIONS

See page 16.



Main constituents:
chamazulene, bisabolol, esters,
pinene, linalol

THERAPEUTIC PROPERTIES

This oil is my first choice when needing to calm and soothe. Roman chamomile (*Chamaemelum nobile*) has a high ester content, making it especially soothing. The deep blue colour of the oil of German chamomile (*Matricaria recutita*) comes from its high level of chamazulene, which boosts its anti-inflammatory effect. Chamomile is grown in temperate parts of Europe and Eurasia, Egypt and the U.S.A.

EMOTIONS & MIND

Use in massage blends to ease anxiety, insomnia, and stress-related headaches and pre-menstrual tension.

ACHES & PAINS

Soothes muscular aches, sprains and swollen joints (see pages 100–1).

DIGESTIVE PROBLEMS

Anti-spasmodic. Use to treat colic, flatulence and indigestion. Massage the abdomen gently with diluted oil.

SKIN & BEAUTY

Suitable for all skin types. Antiseptic; has healing properties when applied diluted to inflamed or grazed skin. Excellent remedy for acne, eczema, psoriasis (see pages 108–9), and for allergies, rashes and chapped nipples.

*Matricaria
recutita*



FACIAL MASSAGE



Soothing chamomile oil enhances facial treatments (see pages 74–83).

OIL COMBINATIONS

Geranium

Clary sage



Lavender

CHAMOMILE OIL has a powerful aroma, so very little is needed. Geranium, clary sage and lavender all soften the aroma, while clary sage and lavender also reinforce its sedative nature.

Chamaemelum nobile

THE FLOWERS of both varieties of chamomile are distilled to extract the oil.