

# Chamomile German Pure Essential Oil



Botanical Name	Matricaria recutica
Country of Origin	Nepal
Solubility	Insoluble in water, soluble in alcohol and oils
Specific Gravity	0.91300 - 0.95300 @ 25°C
Optical Rotation	+00 to +8.00 @ 20°C
Refractive Index	1.480 to 1.505 @ 20°C
PlantPart	Flowers
Bland With	bergamot, lavender, geranium, clary sage, jasmine, tea tree, rose, grapefruit, lemon and ylang-ylang.
CAS No	8022-66-2
Flash Point	123°F
Extraction Method	Steam Distilled

## Description

Chamomile (Blue) Essential Oil is an essential oil extracted from *Matricaria chamomilla* (*M. recutica*) of same family and is also well recognized by the names of blue chamomile, Hungarian chamomile & single chamomile. It has a sweet, straw-like fragrance and is dark blue in color with medium viscosity.

## History

Chamomile is an annual native of Europe and Western Asia, growing from one to two feet high. The word Chamomile is derived from Greek roots, -chamos and melos or Ground Apple, referring to the fact that the plant grows low to the ground, and the fresh blooms have a pleasing apple-scent. Over the centuries, Chamomile gained a reputation as an herb of many uses. It is said to have been one of the herbs of choice of Asclepiades, a physician who lived in Bithynia around 90 BCE. Pliny the Elder, one of the most famous of Roman naturalists who wrote extensively on herb use, is said to have given over his medical care to Asclepiades because he was very skilful in prescribing herbs

## Color & Aroma

Color : Blue green liquid with Honey Tobacco Sweet Fruity odor,

Aroma : Organic Chamomile Essential Oil has an intensely sweet, herbaceous-like scent with a fresh-fruity undertone.

## Constituents

Chamazulene, bisabolol oxide A, a-bisabolol, bisabolol oxide B & bisabolone oxide A, Volatile oil, flavonoids, coumarins, plant acids, fatty acids, cyanogenic gly-cosides, salicylate derivatives, polysa

## Uses

Blue chamomile oil is used for treating any type of internal or external inflammation as well as is very effective on urinary stones (bladder gravel) as well. It helps in stimulating liver & gall bladder, thereby improving digestion and in treating menstrual & menopausal problems. When used on skin, it has miracle effect for treating red, dry & irritated skin as well as calming allergies, psoriasis, eczema and all other flaky skin problems.

## Note

Although German Chamomile Essential Oil possesses numerous beneficial actions (see the section below), I first think of German Chamomile oil as a powerful anti-inflammatory for use in topical applications.

German Chamomile Essential Oil is a deep, dark blue hue due to the presence of the sesquiterpene chamazulene. During steam distillation of the essential oil, the natural matricin that is present in German Chamomile reacts to form the chamazulene that we find in the oil. As with Yarrow or Blue Tansy Essential Oil, the hue can sometimes be a deterrent when working with the oil. For example, I make and take my own blends when I travel. To minimize discoloration to clothing if it leaks in my luggage, I tend to leave out the German Chamomile Essential Oil from my anti-inflammatory travel blend and instead substitute Roman Chamomile Oil. For room sprays and body mists where essential oil color can again be a consideration, I use Roman Chamomile Oil. I prefer to use German Chamomile strictly for direct topical applications (i.e. wound care, inflamed skin, etc.).

German Chamomile Essential Oil tends to be comprised of 60-70% Sesquiterpenes and 10-15% Oxides. Roman Chamomile Oil, on the other hand, is comprised of approximately 75% Esters and 10% Monoterpenols. Their natural chemistry is rather different, however, many of their general applications are similar.

Aromatically, most individuals prefer Roman Chamomile Essential Oil. However, German Chamomile does possess a beautiful and somewhat similar sweet, herbal-chamomile aroma that shouldn't be overlooked. For emotional applications, Roman Chamomile is often the one to choose. For skin care and occasions in which a strong anti-inflammatory oil is beneficial, the German Chamomile is the better choice.

<https://www.aromaweb.com/essential-oils/german-chamomile-oil.asp>

Calming and cooling, organic blue chamomile oil is among the most supportive for a healthy inflammatory response to be found in nature's pharmacopeia. Used since ancient times, and known as "German chamomile", this cousin of the daisy is also among the gentlest of oils, ideal for children, the elderly, and those with sensitive skin. German chamomile oil, with its deep hue and exceptional aromatic profile, is derived from organic chamomile flowers cultivated in Nepal.

German chamomile's high azulene content is what endows chamomile essential oil with its deep, rich blue tone as well as its highly regarded ability to nourish and restore a healthy defense system. The German 'blue' chamomile essential oil enhances a healthy inflammatory response and radiates outwards over a wide range of applications including supporting healthy joint function, promoting relaxation and deep, restful sleep. Its ability to nourish and restore healthy skin oil balance makes it an excellent natural support for skin health and beauty.

German chamomile's therapeutic profile includes its rare ability to sedate without depressive effects, promoting feelings of well being for people in all phases of life, including children. Gentle in its action, German chamomile has a very safe, effective place in your aromatherapy cache.

<https://www.floracopeia.com/organic-blue-chamomile-oil>