

# Chamomile

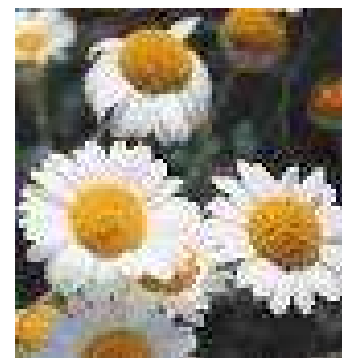
**Common Name:** Chamomile

**Botanical Name:** Chamaemelum nobile or Anthemis nobilis

**Origin:** Belgium, Bulgaria, England, France, Hungary, North America, Yugoslavia

**Parts Used:** flowers, leaves

**Extraction Method:** Steam Distillation



**Fragrance:** sweet, woody

**Blends well with:** bergamot, cinnamon, clary sage, cypress, frankincense, galbanum, jasmine, juniper, marjoram, neroli, rosemary, vetiver, ylang ylang

**Aromatic Benefits:** calming, creativity, rejuvenating, relaxing

**Physical Uses:** acne, anti-bacterial, anti-depressant, anti-infectious, anti-inflammatory, antiseptic, anti-spasmodic, blisters, bruises, burns, chapped lips, chapped skin, coughs, colic, headaches & migraines, insect bites, irritability, insomnia, nausea, rashes, sprains, stress, sunburns, teething, toothaches

**Safety Data:** Avoid during pregnancy. Avoid long term use if you have a history of estrogen-dependent cancer. Avoid if allergic to ragweed.

**FYI:** Chamomile is a great oil for children as it is a calming oil.

**Fun Fact:** Before chemical hair dye became widely available, chamomile was used to lighten hair color.

## Recipe:

### Kid's Calming Bedtime Bath & Spray

1 drop Chamomile oil

2 drops Lavender oil

1 drop Orange oil

Put this blend into your kid's bath water before they go to bed.

12 drops Chamomile oil

12 drops Lavender oil

8 drops Orange oil

Mix this blend up in a spray bottle and spray your kids before they go to bed.

**\*Adults can use this blend as well!**

**For educational purposes only. This information is not intended to diagnose, treat or cure any disease.**