

CHAMOMILE, GERMAN

Matricaria recutita

German Chamomile has a cooling and enveloping influence which soothes and relieves. Along with Helichrysum, it is one of the most potent anti-inflammatory essential oils.

**CALMING,
ANTI-SPASMODIC,
ANTI-INFLAMMATORY**

The cooling, harmonizing effects of German Chamomile make it a first choice oil against nervous tensions, migraine, and all kinds of stress related disturbances. German Chamomile is especially useful for all children's conditions as it is calming without being depressive.

German Chamomile has a long-standing medicinal tradition, particularly in Europe, for all states of tension and the symptoms that can arise from stress such as nervous dyspepsia and nervous bowel, tension headaches, and sleeplessness.

Available in: 10ml Bottle

daily uses

BATH

- Add 5-6 drops to 1/2 cup Pink Himalayan or Dead Sea salts and stir into warm water for a calming, relaxing bath.
- Use 5-6 drops in 1/4 cup Pink Himalayan or Dead Sea salts for a soothing foot bath.

DIFFUSION

- Diffuse 10 to 20 drops for up to 20 minutes every hour to provide a calming influence on your environment.

INHALATION

- Inhale a drop or two from a tissue or cotton ball as needed for relief of nervous tension or stress.

MASSAGE

- May be used neat or diluted with carrier oil for a wider application.
- Mix with your favorite goDésana body lotion and use before bedtime for a restful night's sleep.

TOPICAL

- Apply 1-2 drops on burns or other mild skin inflammations.
- Apply a few drops to skin after shaving or using hair removal creams to soothe "razor burn".

RESPONSIBLE CAUTIONS

- Non-toxic, non-sensitizing, non-irritant.
- Use caution in individuals with ragweed allergies. May cause skin irritation in those with sensitivity, so dilution is advised.



Essential Singles

attributes

PRODUCING ORGAN

Flowers

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Hungary

PROPERTIES

Anti-inflammatory, anti-spasmodic, carminative, stomachic, vulnerary, anti-bacterial.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

