



HEALING ESSENTIALS AROMATHERAPY NEWSLETTER September 2012

Issue #3 Featuring Chamomile Essential Oil

September is back to school month for children everywhere. Two of my grandchildren are entering kindergarten and they are naturally experiencing some anxiety. The essential oils that are calming and particularly beneficial for treating childhood anxiety as well as many other ailments are German and Roman Chamomile.

There are several essential oils called Chamomile. But there are only two essential oils, Roman Chamomile and German Chamomile which can rightfully be called Chamomile. To help clear up the confusion, I have listed four essential oils called Chamomile to illustrate the differences. Though some of the properties are similar, they all come from different plants and have very different chemical constituents.

Types of Chamomile Essential Oil:

- Chamomile, Roman: (*Anthemis nobilis*)
- Chamomile, German: (*Matricaria chamomilla*)
- Chamomile, Moroccan: (*Ormenis mixta*)
- Cape Chamomile: (*Eriocephalus punctulatus*)

1. Chamomile Roman (*Anthemis nobilis*)



Plant Description: This is a low growing perennial that rarely exceeds 30cm. The leaves are lacy and finely divided on stems capped with small, white daisy-like flowers. Varieties of Chamomile can be seen growing low to the ground on any nature walk. It is very hardy and can be grown as a lawn. Chamomile is mentioned in Shakespeare's Henry IV, part 1, The Camomile: "The more it is trodden on, the faster it grows."

Origin: The plant is a native of Western Europe and is now cultivated in Hungary, England, Belgium, and France.

Essential Oil Extraction Method: Steam Distilled. **Plant Part:** Flowers.

History: 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.

Essential Oil Description: Chemical Constituents: *Anthemis nobilis* contains 80% esters which have a natural alcohol component that is aromatic, anti-spasmodic, calming, sedative, and anti-inflammatory. **Color:** Pale blue to yellow. **Consistency:** Thin **Aromatic Scent:** The relaxing aroma of Roman Chamomile, sometimes described as like 'apples and straw' is an exotic and rich scent. **Note:** Middle. **Strength of Aroma:** Strong .

Properties: analgesic, antiseptic, antispasmodic, carminative (relieves gas), digestive, febrifuge (cooling, reduces fever), hepatic (stimulates liver), sedative, sudorific (promotes perspiration).

Common Uses: **The main property of Roman Chamomile is its soothing, calming effect.** Soothing to the central nervous system, Roman Chamomile is considered one of the gentlest essential oils and is particularly beneficial to children. By relaxing the bronchials, it can be effective in treating chest congestion and asthma and recent research suggests Chamomile is a natural antihistamine. One drop applied locally relieves teething pain. Blended in oil, it relieves symptoms related to shock. It soothes all kinds of digestive upsets especially related to stress, ulcers, and irritable bowel syndrome. One drop in an 8 oz. glass of water relieves cramps and spasms due to indigestion. It can relieve headaches, earaches, and anxiety. It is topically effective to treat skin conditions such as acne, boils, burns, eczema, and inflamed skin conditions. It is used commercially in shampoos for fair hair as it can lighten hair color.

Blends well with: Bergamot, Clary Sage, Lavender, Geranium, Jasmine, Neroli, Patchouli, Tea Tree, Rose, Lemon and Ylang-ylang.

Treatment: Blending essential oils with similar chemical constituents increases their effect. An example is mixing equal parts of Roman Chamomile, Clary Sage, Petitgrain, and Spikenard. The increased antispasmodic and sedative effect relieves neck and shoulder muscular tension.

Cautions: Non-toxic and non-irritant. It should be avoided during pregnancy. Also, this oil should not be used by anyone who has an allergy to ragweed.

2. Chamomile German (*Matricaria recutita*)



Plant Description: *Matricaria recutita* is an annual, reaching up to 60cm in height. From May to August it flowers, sporting top-heavy flower heads with a fragrance similar to apples.

Origin: The plant is cultivated in Hungary. **Essential Oil Extraction Method:** Steam Distilled. **Plant Part:** Flowers.

History: Derived from the Greek word meaning 'ground apple' and the Latin word 'nobilis', referring to a noble flower, it certainly is a plant of many uses. To the Egyptians it was a herb dedicated to the sun to cure fevers and to the moon for its cooling ability.

Essential Oil Description: Chemical

Constituents: 50-65% alpha-bisabolol which is highly anti-inflammatory and 5-35% blue chamazulene also known to be anti-inflammatory. This blue crystal is not actually present in the plant, but forms in the oil and only a small quantity is needed to be anti-inflammatory. **Color:** Deep inky blue due to presence of chamazulene. **Aromatic Scent:** sweet, warmish fruity fragrance. **Consistency:** Medium **Note:** Middle **Strength of Aroma:** Strong and intense.

Properties: Effective as an analgesic, anti-allergenic, anti-inflammatory, antispasmodic, antibacterial, carminative, cholagogue, digestive, emmenagogue, febrifuge, fungicidal, hepatic, nerve sedative, stomachic..

Common Uses: The main effect of Roman Chamomile is its soothing calming effect whereas **German Chamomile is primarily known for its anti-inflammatory effect.** German Chamomile essential oil is a powerful anti-inflammatory when used topically and relieves all types of skin inflammations, especially burns. It is known to detoxify waste products following infectious diseases. It has been used to assist with the following ailments: abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, headache, inflamed skin, insect bites,

insomnia, nausea, neuralgia, PMS, rheumatism, sprains, strains, stress and wounds. Effective anti-inflammatory when added to face and body oils.

Blends well with: Bergamot, Clary Sage, Lavender, Geranium, Jasmine, Neroli, Patchouli, Tea Tree, Rose, Lemon and Ylang-ylang. **Cautions:** Absolutely non-toxic and non-irritant. It should be avoided during pregnancy.

3. Chamomile, Moroccan (*Ormenis mixta*) Simple Leaved Chamomile



Plant Description: The plant grows to 90-125 cm high with very hairy leaves and tubular yellow flowers, surrounded by white ligulets. **Origin:** Morocco. **Essential Oil Extraction Method:** Steam Distilled. **Plant Part:** Flowers.

History: Native to northwest Africa, Israel, and southern Spain, it probably evolved from the very common *Ormenis* species that grows all around the Mediterranean.

Essential Oil Description: **Chemical Constituents:** a-pinene, and 33 % terpene alcohols. **Color:** Pale yellow to light brown. **Aromatic Scent:** fresh herbaceous, slightly camphoraceous which soon changes into a sweet, cistus-like pleasant aroma. **Consistency:** Medium. **Note:** Middle. **Strength of Aroma:** Strong.

Properties: Effective as an analgesic, antibacterial, digestive, hepatic, nerve sedative.

Common Uses: Moroccan Chamomile is used to treat depression, irritability, allergic reactions, colitis, liver and spleen congestion.

Blends well with: Bergamot, Clary Sage, Lavender, Geranium, Jasmine, Neroli, Patchouli, Tea Tree, Rose, Lemon and Ylang-ylang. Due to the strong aromatic scent, use sparingly in blends.

Cautions: Non-toxic, non-irritant, may cause dermatitis in some individuals. Do not use this essential oil during pregnancy because it is a uterine stimulant.

Note: There is another essential oil called Blue Tansy (*Tanacetum annuum*), which is incorrectly called Moroccan Chamomile, due to its deep blue color as found in German Chamomile.

4. Cape Chamomile / South African Chamomile (*Eriocephalus punctulatus*)



Plant Description: This variety of Chamomile is a particularly fragrant, though rare aromatic shrub indigenous to the mountain areas of South Africa. It is a white flowering small shrub with fleshy leaves that grows up to a meter (3 feet) in height and is locally known as "Cape Chamomile".

Origin: South Africa. **Essential Oil Extraction Method:** Steam Distilled **Plant Part:** Flower Head

Essential Oil Description: **Chemical Constituents:** 50 % esters (which are naturally aromatic and calming) and a small amount of Chamazulene. **Color:** Pale Blue. **Aromatic Scent:** a beautiful, fruity, herbaceous fragrance. **Note:** Middle.

Consistency: Medium. **Strength of Aroma:** Strong.

Properties: analgesic, anti-allergic, antidepressant, antiseptic, antispasmodic, anti-inflammatory, febrifuge, hepatic, nervine, sedative, splenetic, stomachic, sudorific, tonic.

Common Uses: Cape Chamomile is simply a wonderful essential oil and can be used for the same purposes as Roman and German Chamomile. It promotes skin regeneration and is primarily used to treat insomnia, and to relieve stress and depression.

Blends well with: Geranium, Lavender, Rose, Neroli, Marjoram, Cedarwood, Frankincense, Rosewood, Clary Sage, Ylang Ylang. **Cautions:** Exceptionally safe, non-toxic, nonirritant.

Chamomile Personality: In the language of flowers, Chamomile is a symbol of energy and patience in adversity because of its great ability to restore equilibrium and support the nervous system.

Healing Essentials Case Histories: As noted above, each of the Chamomiles have remarkable healing properties and are gentle enough for children. I have personally seen the soothing effect on children. In my products I use the Chamomile essential oils in several ways and have found them to be extremely effective. Here are some examples:

Healing Essentials Respiratory Relief for Children: Contains essential oils of Cypress, Geranium, Lavender, and Roman Chamomile in a base of Grapeseed and Jojoba Oils. Roman Chamomile is used as one of the ingredients to relax bronchial spasms. Rosalina is a wonderful essential oil from Australia for respiratory ailments and is like Eucalyptus but is much more gentle. Eucalyptus is contraindicated in children, a common ingredient in Vicks Rub. This blend has been very effective when used both in a diffuser and as a chest rub for childhood asthma and common colds.

Healing Essentials Cucumber Peel Toner: contains essential oils of Cape Chamomile and Lemon blended with Cucumber Peel Extract in a base of Lavender Witch Hazel. This popular blend is used as a facial toner and cleanser and has a wonderful aroma and after effect. It is highly anti-inflammatory and healing to skin.

Healing Essentials Skin Relief Spray: This comforting skin remedy contains essential oils of German Chamomile, Lavender, Rose Geranium, and Grapefruit blended in the healing floral waters of Sandalwood, German Chamomile, Helichrysum and Lavender. Again highly anti-inflammatory, gentle relief for sunburn, itching rashes, and insect bites.

*****Healing Essential Specials of the Month *****

Children's Respiratory Relief Sale Price: \$6.00 for a 1.5 oz. massage blend. (Orig. \$8.00)

Cucumber Peel Toner Sale Price: \$6.00 for a 2 oz. spray. (Orig. \$8.00)

Skin Relief Spray Sale Price: \$5.00 for a 2 oz. spray. (Orig. \$7.00)

May all children everywhere enjoy peace and good health. And don't forget to help them, as well as yourself, relax with a soothing cup of Chamomile tea!

References:

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