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## MATRICARIA CHAMOMILLA CAMOMILLA RECUTITA

LATIN NAME:	Chamomille Matricaria / Chamomilla Recutita
OTHER NAMES	German Chamomile; Chamomile Blue, Matricaria recutita
SOURCE:	Steam distilled from the flowering plant.
COLOUR:	Dark Indigo Blue
AROMA:	Dry notes of Tobacco and hay
VISCOSITY	Medium viscosity
CULTIVATION:	Organically grown



### OVERVIEW



Blue chamomile is an annual plant with thin spindle-shaped roots only penetrating flatly into the soil. The branched stem is erect, heavily ramified, and grows to a height of 10–80 cm. The long and narrow leaves are bi- to tripinnate. This herb has daisy-like flowers with drooping white ligules revealing a bright-yellow center. The flower heads are placed separately, they have a diameter of 10–30 mm, and they are pedunculate and heterogamous. The flower heads bloom in summer and fall, are harvested in full bloom.

#### History and folklore

The chamomile plant has been used since ancient times for its healing properties. Its history dates back as far as the ancient Egyptians who dedicated it to their Gods where it was considered a sacred gift from the Sun God Ra, although it's likely that chamomile had been in use for many thousands of years before then already. A chemical analysis undertaken on embalming oil for one of the Pharaohs found that chamomile was one of the main constituents. Hieroglyphics also show that chamomile was used in skincare by Egyptian noblewomen. This herb has been believed by Anglo-Saxons as 1 of 9 sacred herbs given to humans by the lord.

Chamomile is one of the most widely used and well documented medicinal herbs in the world due to its curative properties, particularly when used for the acute fever known at the time as the Ague

Chamomile was also used by the Romans in medicines, beverages and incense. During the middle ages this particular species of chamomile was commonly used as a 'strewing' herb which helped to create a fragrant atmosphere at public gatherings and celebrations. When walked upon, the essential oil sacs in the flowers would release their wonderful fragrance into the air. If you have ever strolled through a field of chamomile you will have experienced this for yourself.

Chamomile was employed for its bitter taste in beer during the middle ages, but was replaced by hops at a later time. Of course chamomile is still in popular use today to make the soothing and calming herbal tea.

Roman chamomile is now cultivated for the production of essential oil in many countries

### EXTRACTION

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### PRODUCTION

#### Production of Chamomile Oil at HIGHLAND ESSENTIAL OILS:

Organic certified German chamomile is commercially planted and harvested at Highland Essential Oils



Chamomile sown in beds in the nursery



Transplanted in fields when 10cm



Planting in fall



Flowering Nov



Harvesting

# CHEMICAL COMPOSITION



**Chemical composition:** Over 120 components have been identified in chamomile essential oil.

The main chemical components are

$\alpha$ -bisabolol (which promotes healing and is also a great tissue regenerator), chamazulene, (a powerful anti-inflammatory agent)

$\alpha$ - and  $\beta$ -bisabolol oxides,

farnesene,

coumarin

German chamomile blue azulene crystal is not actually present in the plant, but forms in the oil with distillation and only a small quantity is needed to be effective.

## USES

**Properties:** Analgesic, antibacterial, antidepressant, anti-inflammatory, antimicrobial, antineuralgic, antiphlogistic, antiseptic, antispasmodic, carminative, cholagogue, digestive, emmenagogue, febrifuge, hepatic, sedative, stomachic, sudorific, tonic, vermifuge, vulnerary

**Benefits:** Acne, arthritis, boils, burns, chilblains, colic, cuts, dermatitis, dysmenorrhea, earache, eczema, fevers, hair care, headache, indigestion, inflammations, insect bites, insomnia, menopause, migraine, muscular pain, nausea, nervous tension, neuralgia, rheumatism, sprains, stress related complaints, teething pain, toothache, wounds. Chamomile may give a blend for muscle pain a warm fruity note

**Food flavouring:** The plant is used to flavour foods.

**Therapeutic properties:** Blue 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 body and mind 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.

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

**Perfumes** The oil is used in perfumery and has a high ester content

Perfumery Note: Middle

Odour: Strong, warm, and herbaceous; sweet, apple-like fruity freshness

Strength of Initial Aroma: Medium to strong

Dry-out: Warm and mellow, tobacco-like

Blends well with: Bergamot, Clary sage, Eucalyptus, Geranium, Grapefruit, Jasmine, Lavender, Lemon, Neroli, Oakmoss, Palmrosa, Rose,

**Agriculture:** Chamomile is sometimes known as "the plant doctor", because it is thought to help the growth and health of many other plants, especially ones that produce essential oils. It is thought to increase production of those oils, making certain herbs, like mints (spearmint, sage, oregano) and basil stronger in scent and flavour.

Chamomile tea is also thought to be useful to suppress fungal growth, for example, misting it over seedlings may prevent damping off.

Chamomile is also a very good compost activator



# Chamomile in Skincare

*Chamomile's many healing and protective benefits make it a powerful ingredient in many skin care products.*

*You can find this ingredient in just about every type of cosmetic product, including but not limited to moisturizer, sunscreen, anti-aging treatment, eye cream, acne treatment, hair dye, shampoo/conditioner, concealer, mineral powder foundation, cleanser and lipstick.*

Chamomile is one of the best skincare herbs available and is particularly useful for skin conditions such as contact dermatitis (eczema). This apple-scented herb comes in several different forms, but thankfully they all offer natural beauty benefits.

What makes chamomile such a great skincare herb? Both Roman and German chamomile are used in skincare and both are known for their anti-inflammatory properties. Chamomile contains a long list of chemical compounds which are individually known for their anti-inflammatory properties. Most studies, however, have found that the whole extracts were more active than their individual constituents.

**Bisabolol** –bisabolol is anti-inflammatory, antibacterial, anti-irritant, anti-fungal and non-allergenic. Because of bisabolol's high panthenol concentration, it can effectively stimulate and promote the skin's healing process. It also increases the skin penetration of other cosmetic ingredients, which can be particularly useful when feeding the skin antioxidants. In addition to its skin soothing and healing abilities, it also exudes a subtle floral aroma that is often used to add fragrance to cosmetic products.

**Chamazulene** – one of the azulenes, chamazulene is only found in the essential oils of both Roman and German chamomile and is created during the distillation process from another compound called matricin. This compound causes the essential oil of German chamomile in particular to go bright blue.

Chamazulene is credited with providing the anti-inflammatory properties of both chamomiles. Chamomile is a fabulous skincare herb and is suitable for all skin types. As it is so strongly anti-inflammatory, it is particularly suited to sensitive skins that are prone to inflammation. It is herbs such as chamomile that demonstrate yet again that botanical extracts are generally the best choice for your skin.

Used as a conditioning agent and skin cell rejuvenator in cosmetic products. As a conditioner, it enhances the appearance of dehydrated or damaged skin by reducing dry flaking and restoring suppleness to the skin.

It is often used as a natural treatment for various skin disorders such as eczema and psoriasis.

Due to its calming effects, chamomile is an ideal ingredient when treating dry skin, blemishes, scars, eczema, psoriasis, spider veins, age spots, and discoloration.

It can also be mixed with rosewater, witch hazel, or aloe vera to serve as a soothing toner after cleansing. Chamomile is also present in many moisturizers and hydrating lotions that are designed to seal in moisture and protect skin from free radicals in the environment.

Because harsh weather and environmental irritants can strip the skin of its protective layer and moisture, chamomile is a popular ingredient in many creams. In this context, chamomile works to soothe damaged and tired skin. It reduces inflammation and restores the skin's natural softness, smoothness, and radiance. Because it is a natural and safe ingredient with proven results, chamomile has grown in popularity as an ingredient in skin care and beauty products. Its health benefits have been proven through time and scientific research.

It is used to make a rinse for blonde hair

## PRE-CAUTION

The FDA has not evaluated the statements on this website. No claims are made by HEO as to the medicinal value of any products from HEO. The information presented here is for educating our customers about the traditional uses of essential oils and is not intended to diagnose, treat, cure, or prevent any disease.

You are responsible for understanding the safe application of these products.

Safety Considerations: Has GRAS status (Generally Recognized As Safe), however this essential oil has prescription drug interaction and may contraindicate drugs metabolized by CYP2D6, CYP1A2, CYP2C9, and CYP3A4.16

Dilute before using. A patch test should be performed before use for those with sensitive skin.

Roman chamomile may cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family. Members of this family include ragweed, chrysanthemums, marigolds, daisies, and many others.

