



Chamomile Essential Oil (German Chamomile – *Matricaria chamomilla*)

Chamomile essential oil, primarily from German chamomile (*Matricaria chamomilla*, also known as *Chamomilla recutita*), is steam-distilled from the flowers. It has a sweet, apple-like, herbal aroma and appears deep blue due to **chamazulene**, a potent anti-inflammatory compound (along with α -bisabolol and sesquiterpenes).

It differs from Roman chamomile (*Chamaemelum nobile*), which has a sweeter scent and milder profile. German chamomile is generally preferred for stronger anti-inflammatory effects. The oil has a long history of use dating back to ancient Egypt, Greece, and Rome, and is valued in aromatherapy for its calming, soothing, and healing properties. Benefits are supported by traditional use and emerging research (often small studies or animal/in-vitro data), but results are promising rather than always conclusive.

Key Benefits

- **Relaxation, Anxiety Reduction & Sleep Support** — Acts as a mild sedative and anxiolytic. Inhalation or use helps lower anxiety (including GAD), nervous tension, and mild depression symptoms. Improves sleep quality and is ideal for bedtime routines. Studies show chamomile extract reduced anxiety symptoms in ~58% of participants after 8 weeks and improved sleep in elderly groups.
- **Anti-Inflammatory & Pain Relief** — Reduces inflammation, muscle/joint pain, headaches, arthritis, osteoarthritis symptoms, carpal tunnel discomfort, and menstrual cramps. Functions as a natural antispasmodic. Topical use significantly reduced pain medication needs in some studies.
- **Skin Soothing & Healing** — Calms eczema, dermatitis, rashes, acne, psoriasis, insect bites, minor wounds, and burns. Promotes wound healing with antimicrobial and anti-inflammatory actions. Effective for sensitive or irritated skin (including potential baby use when highly diluted). Animal studies support reduced allergy markers and faster healing.
- **Digestive Support** — Relieves indigestion, gas, bloating, nausea, diarrhea, and colic. Topical abdominal application (diluted) sped up bowel recovery post-surgery in studies. Has muscle-relaxing effects on the intestines.
- **Other Benefits** — Antioxidant and mild antimicrobial/antifungal properties; may support immune function, oral health (e.g., reducing gingivitis via mouthwash), and has early research interest in anti-cancer potential (apigenin and chamazulene showing cell death and anti-growth effects in lab studies). Limited evidence for allergies or respiratory aid.





Common Uses & Safe Application

Always dilute in a carrier oil (jojoba, coconut, almond) at 1–3% (6–18 drops per oz carrier). Do a patch test. Do **not ingest** essential oil unless under professional supervision.

- **Aromatherapy/Diffusion** — 3–5 drops in a diffuser for calm, anxiety relief, or sleep. Or inhale briefly from the bottle. Room spray: 10–15 drops per oz water (use glass bottle).
- **Topical** — Massage diluted oil into temples (headaches/stress), abdomen (digestion/cramps), or sore muscles. Apply to affected skin areas for irritation. Add to lotions/creams.
- **Baths** — 5–10 drops mixed with carrier oil, milk, or bath salts for full-body relaxation and muscle relief.
- **Blends Well With** — Lavender, bergamot, frankincense, or tea tree.
- **Other** — Compresses for cramps/headaches; add to hair/scalp treatments for soothing and shine.

Safety & Precautions

- Generally safe when diluted and used properly; low toxicity.
- **Possible Risks** — Allergic reactions (higher risk if sensitive to ragweed, daisies, or Asteraceae family—may cause dermatitis or breathing issues). Rare anaphylaxis.
- Avoid during pregnancy (especially internal use—may stimulate uterus). Consult a doctor if breastfeeding, on medications (e.g., blood thinners like warfarin, sedatives, antidepressants, cyclosporine), or with medical conditions.
- Not recommended for young children or pets without professional/vet advice.
- Use in well-ventilated areas. Store out of reach of children/pets.
- Quality matters: Choose pure, therapeutic-grade from reputable sources.

For therapeutic use or health conditions, consult a qualified aromatherapist or healthcare provider.

Chamomile essential oil is a gentle, versatile staple in natural wellness—excellent for sensitive skin, relaxation routines, and everyday soothing support. Its research-backed calming and anti-inflammatory profile makes it a reliable “go-to” oil when used mindfully.

