

Chamomile Leaf

Chamomile is an annual herb from the Compositae family. The word Chamomile is from ancient Greek meaning "Ground Apple". This herb is also known as Manzanilla.

Chamomile has an apple fragrance smell, and contains Vitamin A, the minerals calcium, iron, magnesium, potassium, manganese, and zinc. Chamomile also contains the amino acid tryptophan, which works on the central nervous system like a sedative. Chamomile contains the amino acid chamazulene that is an anti-allergenic and anti-inflammatory agent. The flowering portion of Chamomile is used medicinally. The flower is a deep yellow with silver white rays and grows up to nine inches high. Chamomile is from the Daisy group, so people with allergies to daisies, ragweed, asters, or chrysanthemums should avoid this herb.

Chamomile maintains the health of the skin. It is also useful to apply on sore muscles, sunburns, eczema, and joint pain.

Usage

- ❑ May be used with carrier oils, scrubs, masks, wraps, and hydrotherapy treatments.
- ❑ Amount will vary depending on treatment