

## Product Summary

German chamomile (*Matricaria recutita*) is an annual plant commonly found in many parts of Europe and temperate Asia. This daisy-like plant has been introduced to North America and Australia and is the most popular source of the herb chamomile.

Chamomile has been used as a tonic for thousands of years and has a wide range of uses. German chamomile helps to support skin health and condition.

When used as a tea, the dried flowers support relaxation techniques. German chamomile oil is extracted from the flowers and contains chamazulene.

## Primary Benefits

- Aids relaxation

## Who should use German Chamomile?

- Persons looking to clear the mind and balance emotions
- Anybody wishing to support good skin health and condition

## Suggested Use

Apply to desired area. In case of sensitivity, dilute as needed in V-6™. Aromatic: Diffuse up to 1 hour 3 times daily.



## Cautions

Keep out of reach of children. For external use only. Avoid contact with eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

## Ingredients

Chamomile recutita flower oil.

## Goes well with

- Thieves Essential Oil Blend
- ImmuPower
- Lemon Essential Oil

## Did You Know?

- German chamomile was listed in De Materia Medica first published in AD 78
- Chamomile was used for the process of mummification in ancient Egypt
- A chamomile lawn at Buckingham Palace dates from the reign of George V