



Chamomile Essential Oil

by
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Find out more at www.reformedbohemian.com



Chamomile Essential Oil

Chamomile has a strong fresh earthy scent, its calming properties make it good for insomnia and relieving stress and more.

About Chamomile

Most of us are familiar with Chamomile for its calming effects when served as a tea so it will perhaps come as no surprise that one of the main benefits of Chamomile essential oil is its sedative properties which can help relieve stress and tension and help to relieve insomnia.

But Chamomile also has antiseptic, analgesic, antispasmodic and anti-inflammatory properties which means it has more benefits than just being able to help you get a good night's sleep. It can ease digestive issues, allergies and skin problems such as acne, psoriasis, eczema. It can also ease menstrual problems such as cramping due to its antispasmodic properties. It can also ease headaches and migraines and eye conditions such as conjunctivitis.



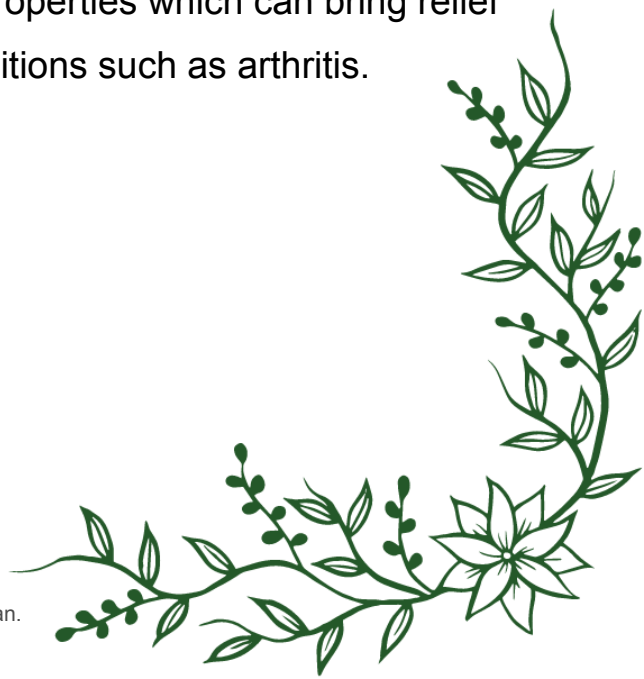
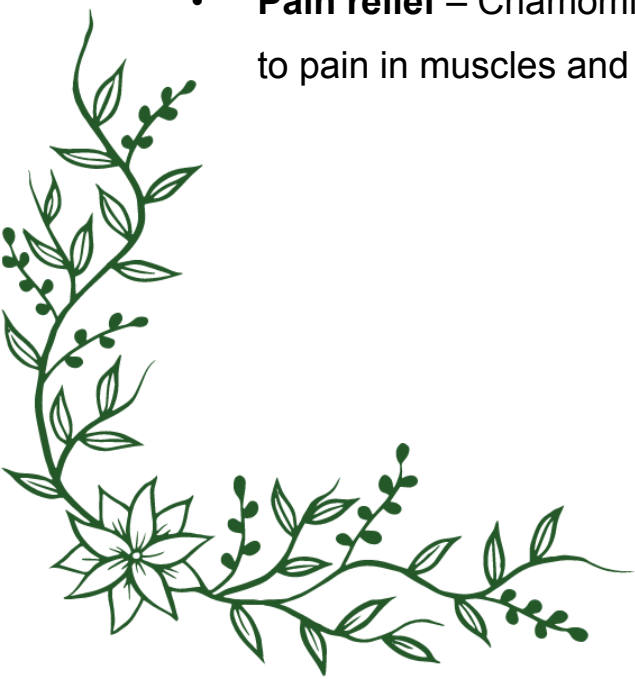
Healing Properties Of Chamomile Essential Oil

Chamomile essential oil has the following healing properties:

Properties

Antiseptic, analgesic, antispasmodic, anti-inflammatory and sedative.

- **Insomnia** – Chamomile has sedative properties which can calm and relax the mind and help the mind to switch off from the day and get a restful sleep.
- **Depression and anxiety** – due to its calming properties Chamomile can help soothe and relieve feelings of stress and anxiety and help relieve low mood and depression.
- **Fights infections** – due to its antiseptic and antibiotic properties Chamomile helps the body fight infections and increases recovery time.
- **Improves digestion** – with its antispasmodic and anti-inflammatory properties chamomile improves digestions and brings relief from digestive issues such as IBS.
- **Pain relief** – Chamomile has analgesic properties which can bring relief to pain in muscles and joints and for conditions such as arthritis.



Ways to use Chamomile Essential Oil

Diffuse

- Chamomile essential oil can be used in diffusers or oil burners. Using Chamomile essential oil in this way is particularly beneficial in calming and relaxing the mind and helping bring about a restful night sleep. It is also good for helping to lift low mood depression and anxiety. If you don't have a diffuser you may find it helpful to put a few drops on a tissue/handkerchief and put it under your pillow.

Diffuse 1 - 3 drops of Chamomile essential oil in an oil burner or diffuser.

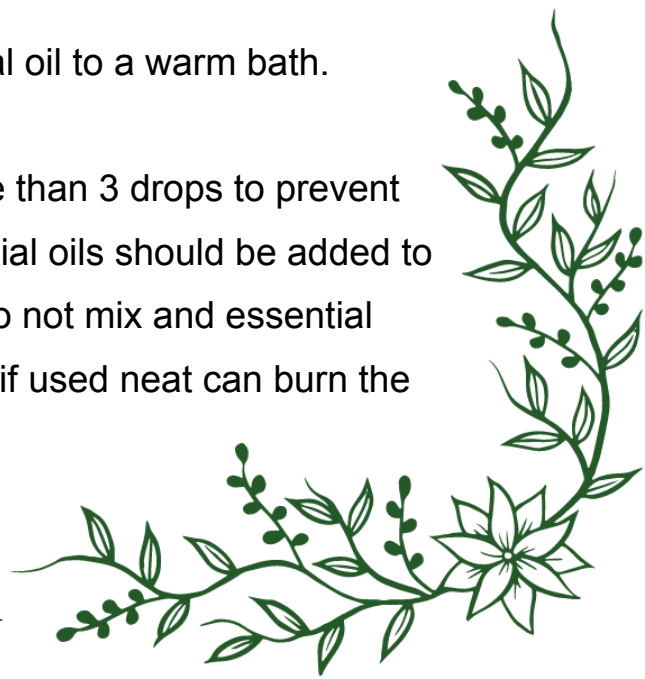
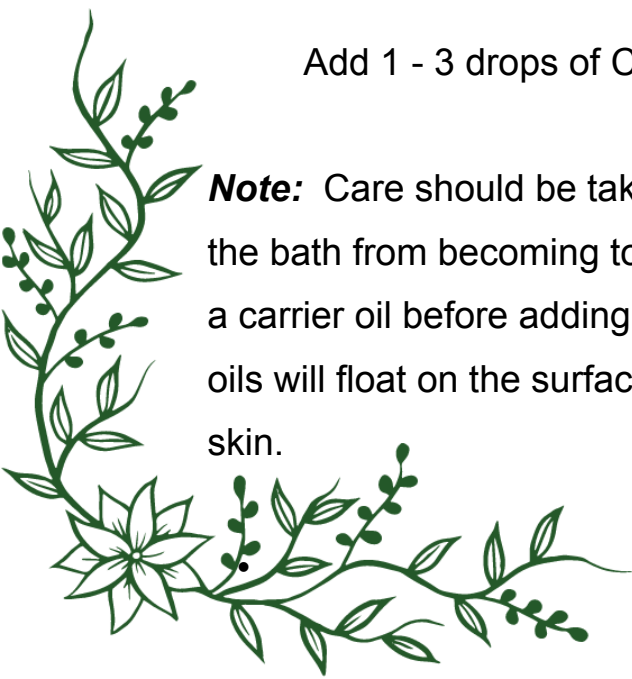
Note: this may be too strong for children, it is advisable not to have the diffuser in the room they sleep in.

Bath

- Chamomile essential oil can be added to a warm bath to relieve muscle aches and arthritis and to soothe and relieve skin conditions such as psoriasis and eczema.

Add 1 - 3 drops of Chamomile essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Cream

- Adding a few drops of Chamomile to a base cream is a great way of harnessing its antiseptic and antibacterial properties to soothe skin conditions such as psoriasis, eczema, acne.

Add up to 12 drops of Chamomile essential oil to 30 ml of base cream.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles.

Adults - up to 7 drops of Chamomile essential oil in 1 tbsp of carrier oil.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Chamomile goes particularly well with oils such as:

- Lavender
- Peppermint
- Mandarin
- Neroli
- Rose
- Cedarwood
- Geranium
- Clary sage
- Bergamot
- Ylang Ylang
- Lemon



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Avoid using Chamomile during the early months of pregnancy. Do not administer oil directly into the eye when treating conditions of the eyes such as conjunctivitis.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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