



Have you ever wondered why chamomile is often associated with calmness and serenity? As a critical player in the world of herbal remedies, Chamomile German Organic CO2 provides an intriguing case study of an essential oil with notable therapeutic benefits. In this article, I will delve into the unique characteristics and applications of this essential oil, highlighting its health benefits and cultural significance.

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Chamomile German Organic CO2

Chamomile German Organic CO2, known scientifically as *Matricaria chamomilla*, is an essential oil with a rich history and a wide range of applications. Extracted using a carbon dioxide (CO2) method, this oil originates from Germany and is renowned for its purity and effectiveness. Priced at \$24.00, the pricing may vary depending on the size you choose, ranging from 3ml to 1 liter.

Product Details



Overview

Chamomile German Organic CO2 is a certified organic product, making it a safe option for individuals seeking natural remedies. This essential oil is particularly revered for its ability to alleviate discomfort, calm the nerves, and soothe the skin. It is highly versatile and can be used for topical application, inhalation, and diffusion. Its broad spectrum of uses includes skin and hair care, digestive and respiratory relief, menstrual pain alleviation, and anxiety reduction.

Aroma and Constituents

The aroma of German chamomile is intensely herbaceous with a touch of sweetness and a hint of apple, which makes it pleasantly soothing to the senses. This oil owes its defining color and aroma to its active constituent, chamazulene, notable for its deep blue hue and superior anti-inflammatory properties. Other key constituents include bisabolol and bisabolol oxides, all contributing to the oil's prominent therapeutic profile.

See also [Rosewood Organic Essential Oil](#) by Amrita

Therapeutic Benefits

Soothing and Calming Properties

One of the standout features of Chamomile German Organic CO2 is its ability to provide relaxation and peace of mind. Known historically for its sedative qualities, this oil is particularly useful during times of stress and anxiety, helping users to find a sense of calm and relaxation. It soothes not only the mind but also tension in the body, making it a comprehensive solution for emotional and physical stress.

Skin and Hair Care

The anti-inflammatory properties attributed to chamazulene make this oil an excellent choice for skin care. It helps to alleviate skin irritations, acne, and blemishes while promoting a healthy and balanced complexion. Chamomile German Organic CO2 is especially beneficial in hair care, aiding in scalp health and hair growth.

Digestive and Respiratory Health

Chamomile has long been associated with digestive health, providing relief from bloating and indigestion. The oil's application or inhalation helps ease respiratory discomfort by opening up airways and promoting clear breathing. Its use in a diffuser can offer respiratory support, especially during the cold months.



Historical and Cultural Context

Ancient Uses

The use of chamomile as a healing herb dates back to ancient civilizations, from the Egyptians to the Greeks and Romans. It was a common remedy for fevers and a soothing balm for aches and pains. Even in medieval England, its fragrant properties made it a popular choice for aromatic lawns and seating areas, enhancing the atmosphere and offering an aromatic respite.

How to Use Chamomile German Organic CO2

Topical Application

When applying Chamomile German Organic CO2 topically, it's essential to dilute it with a carrier oil to avoid skin sensitivities. A patch test should always precede its application to sensitive areas, especially for those with sensitive skin.

Inhalation and Diffusion

For inhalation, a few drops of the oil can be added to a steaming bowl of water or a diffuser to promote a calming atmosphere and respiratory ease. Its sweet aroma helps to open the senses and provide mental clarity.

See also [Helichrysum Serotinum Essential Oil](#) by Amrita

Blending and Complementary Uses

Chamomile German Organic CO2 blends well with other essential oils, such as lavender, rose, and clary sage, to enhance its soothing properties. Combining it with these oils can enhance its benefits, particularly for relaxation and stress relief.

Safety and Usage Precautions

- **Pregnancy and Babies:** While mild and widely considered safe, use during pregnancy or with babies should be approached with caution and under professional guidance.
- **Dilution:** Proper dilution is crucial before application on the skin. It reduces the risk of irritation, especially on sensitive skin.
- **Allergen Test:** Conduct a patch test to ensure the oil does not trigger any allergic reactions.
- **Internal Use:** Avoid ingesting this oil without professional consultation.



Comparative Notes

German chamomile is distinct from Roman chamomile, differing in scent, color, and specific uses. Notably, German chamomile possesses a richer, blue-colored oil due to its chamazulene content, which lends it superior anti-inflammatory properties compared to the steam-distilled versions.

Miscellaneous

Amrita Aromatherapy ensures their Chamomile German Organic CO2 product meets high purity standards, with safety and component analysis readily available for customers seeking more detailed information.

Eight Ways to Use Chamomile German Organic CO2

1. **Relaxation Bath:** Add a few drops to your bath water to enhance relaxation and reduce stress.
2. **Face Mask Addition:** Mix with your favorite face mask to soothe irritated skin.
3. **Hair Rinse:** Add to a rinse for shiny, healthy-looking hair.
4. **Diffuser Blend:** Use in a diffuser to create a calming home environment.
5. **Respiratory Support:** Inhale using steam to ease respiratory distress.
6. **Massage Oil:** Blend with a carrier oil for calming body massages.
7. **Sleep Aid:** Apply on the pillowcase for a restful night's sleep.
8. **Anxiety Relief Roller:** Create a personal roller blend to deal with stress on the go.

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