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Chamomile Moroccan Blue Tansy Essential Oil: Benefits, Uses, and Insights

Chamomile Moroccan Blue Tansy Essential Oil, often simply referred to as Blue Tansy, is a unique and therapeutic oil recognized for its myriad of benefits. Extracted from the flowers of the **Tanacetum annuum** plant, this oil is gaining popularity in the realms of natural wellness and aromatherapy. Its gentle nature and appealing aroma position it as a staple in holistic health practices.

Recommended brands:



[Chamomile Moroccan Blue Tansy Essential Oil by Amrita](#)

[Chamomile Moroccan Blue Tansy Organic Essential Oil by Amrita](#)

Understanding Chamomile Moroccan Blue Tansy Essential Oil

Chamomile Moroccan Blue Tansy Essential Oil is cherished for its soothing and calming properties. The oil has a vibrant blue hue, which results from the presence of chamazulene, a compound formed during the distillation process. Its aroma is fresh, herbal, and floral, making it ideal for promoting relaxation and alleviating stress.

See also [Yarrow Blue Organic Essential Oil](#)

Types and Varieties of Chamomile Moroccan Blue Tansy Essential Oil

This essential oil is primarily available in two forms:

- **Organic:** Sourced from plants cultivated without synthetic pesticides or fertilizers, this variety is favored by those pursuing a chemical-free lifestyle.
- **Standard:** Produced using conventional agricultural practices, offering a more accessible option for consumers.

Both forms provide the therapeutic benefits associated with Blue Tansy, though the organic version is often prioritized in natural health communities.

How Chamomile Moroccan Blue Tansy Essential Oil is Made



The extraction of Chamomile Moroccan Blue Tansy Essential Oil typically involves steam distillation. This method preserves the delicate properties of the oil while ensuring a high-quality product. The extraction focuses primarily on the flowering tops of the plant, which are abundant in beneficial compounds.

Chemical Composition of Chamomile Moroccan Blue



Tansy Essential Oil



Chamomile Moroccan Blue Tansy Essential Oil contains several key constituents, including:

- **Ketones:** These compounds contribute to the oil's soothing qualities.
- **Monoterpenes:** Known for their uplifting and calming effects, they enhance the aromatic experience.
- **Sesquiterpenes:** Often associated with anti-inflammatory benefits, these compounds play a crucial role in the oil's effectiveness.

The unique blend of these constituents makes Blue Tansy a versatile oil for various wellness



applications.

Recommended brands:

[Chamomile Moroccan Blue Tansy Essential Oil by Amrita](#)

[Chamomile Moroccan Blue Tansy Organic Essential Oil by Amrita](#)

Benefits of Chamomile Moroccan Blue Tansy Essential Oil

This essential oil is reputed for a variety of uses in both therapeutic and cosmetic applications:

- **Soothing Skin Irritations:** Blue Tansy's anti-inflammatory properties make it effective in calming inflamed skin, rashes, and allergic reactions.
- **Promoting Relaxation:** Its calming scent creates a serene atmosphere, making it a popular choice in aromatherapy for reducing stress and anxiety.
- **Relieving Headaches:** The gentle aroma may assist in alleviating tension headaches, providing comfort during stressful moments.
- **Enhancing Sleep Quality:** Its relaxing properties can help ease the mind, making it easier to fall asleep.
- **Antihistamine Effects:** This oil may help alleviate symptoms associated with hay fever and allergies, acting as a natural remedy for respiratory distress.

See also [Lemon Essential Oil](#)

Ways to Use Chamomile Moroccan Blue Tansy Essential Oil

There are several ways to incorporate Chamomile Moroccan Blue Tansy Essential Oil into your daily routine:

- **Diffusion:** Add a few drops to an essential oil diffuser to create a calming atmosphere, especially during meditation or relaxation sessions.
- **Topical Application:** Dilute with a carrier oil such as jojoba or fractionated coconut oil before applying to the skin to soothe irritations or promote relaxation.
- **Bathing:** Mix with bath salts or carrier oils for a soothing bath experience that can



help relax the muscles and mind.

- **Massage:** Use in massage oils for a calming effect, especially after a long day.

Historical Uses of Chamomile Moroccan Blue Tansy Essential Oil

Historically, chamomile has been valued for its healing properties across various cultures. From ancient Egypt, where it was used to treat fevers, to traditional European herbal medicine, Blue Tansy has played a significant role in natural remedies, particularly for its calming effects and ability to soothe various ailments.

Blend Compatibility with Chamomile Moroccan Blue Tansy Essential Oil

Chamomile Moroccan Blue Tansy Essential Oil blends well with several other essential oils, enhancing its therapeutic benefits:

- **Lavender:** Combines beautifully for added calming effects, perfect for sleep blends.
- **Frankincense:** Enhances grounding properties and supports emotional balance.
- **Peppermint:** Provides refreshing and uplifting blends, ideal for focus and energy.
- **Ylang Ylang:** Creates an exotic and floral blend that enhances relaxation.

Side Effects and Safety Concerns

While Chamomile Moroccan Blue Tansy Essential Oil is generally safe, it's essential to be aware of potential risks:

- **Allergic Reactions:** Individuals sensitive to plants in the Asteraceae family, such as ragweed, may experience allergic reactions. Always conduct a patch test before topical use.
- **Pregnancy and Nursing:** Consult a healthcare provider before using this essential oil



if you are pregnant or nursing.

- **Dilution:** Always dilute with a carrier oil when applying to the skin to minimize irritation.

See also [Spruce Black Essential Oil](#)

Aroma Description

The aroma of Chamomile Moroccan Blue Tansy Essential Oil is sweet and floral, with a fresh herbal undertone. This calming scent makes it a popular choice in relaxation blends, contributing to an overall sense of wellness and tranquility.

DIY Home Extraction Method



For those interested in a DIY approach, a steam distillation method can be utilized to extract essential oil from the plant. Here's a basic overview:

- Gather fresh flowering tops of the *Tanacetum annuum* plant.
- Prepare a steam distillation apparatus.
- Steam the flowers to extract the essential oil. This process requires specialized equipment and knowledge of distillation.

Due to the complexity and required equipment, many people prefer to purchase ready-made essential oils from reputable suppliers.



Shelf Life of Chamomile Moroccan Blue Tansy Essential Oil

Chamomile Moroccan Blue Tansy Essential Oil typically has a shelf life of 1-3 years when stored properly. To maintain its potency and quality, it should be kept in a cool, dark place away from sunlight and heat sources. Proper storage is crucial for prolonging its shelf life.

Child and Animal Safety

When using essential oils around young children and pets, caution is advised. Some oils can have different effects on animals and young children. Always consult with a healthcare provider or veterinarian before using essential oils in homes with children or pets.

Pros and Cons of Chamomile Moroccan Blue Tansy Essential Oil

Pros:

- Gentle and soothing for the skin, making it suitable for sensitive individuals.
- Effective in promoting relaxation and reducing stress.
- Versatile for various uses, from skincare to aromatherapy.

Cons:

- May cause allergic reactions in some individuals, especially those sensitive to similar plants.
- Can be more expensive than other essential oils due to the extraction process and sourcing.
- Requires dilution for topical use, which might be inconvenient for some users.



Fun Facts about Chamomile Moroccan Blue Tansy Essential Oil

- It is sometimes referred to as Moroccan Chamomile.
- The blue color of the oil comes from the presence of chamazulene, which also contributes to its anti-inflammatory properties.
- This oil is often included in high-end skincare products for its soothing and calming effects.

FAQs about Chamomile Moroccan Blue Tansy Essential Oil

1. Can Chamomile Moroccan Blue Tansy Essential Oil be used for skin conditions?

Yes, it is known for its anti-inflammatory properties and can help soothe skin irritations, rashes, and redness.

2. Is Chamomile Moroccan Blue Tansy Essential Oil safe for children?

Always consult a healthcare provider before using essential oils on children. Dilution is essential if permitted.

3. How should I store Chamomile Moroccan Blue Tansy Essential Oil?

Store in a cool, dark place to maintain its quality and potency, away from direct sunlight.



4. Can I use Chamomile Moroccan Blue Tansy Essential Oil in cooking?

This oil is primarily used for aromatherapy and topical applications, not for culinary uses.

5. What is the best carrier oil to mix with Chamomile Moroccan Blue Tansy Essential Oil?

Fractionated coconut oil or jojoba oil are excellent choices for dilution due to their skin-friendly properties.

Recommended brands:

[Chamomile Moroccan Blue Tansy Essential Oil by Amrita](#)

[Chamomile Moroccan Blue Tansy Organic Essential Oil by Amrita](#)