



Essential Oil

Plants have an indomitable vitality. The essential oil, being the natural plant fluid, is the essence of this vitality. The aromatic substance in essential oils are actually hormones of plants which is curative to certain diseases.

Aromatherapy is a therapy that cleanses the body and the mind, strive for physical, mental and spiritual health equilibrium. The essential oils used in aromatherapy are extracted from petals, leaves, twigs, fruits, seeds, root, stem and bark of highly aromatic plants. These oils penetrates into the body and stimulates the cerebral cortex, provides soothing and enlightening effects, relieves mental and spiritual disorders, builds up positive outlook on life.

Chamomile German

Chamomile



Originated from England, the Chamomile has a variety of species, but essential oils can only be extracted from the Roman and German Chamomile. These two species are about 30cm in height, with white petals, yellow core and slightly hairy leaves. The Chinese has been using it as a medicine throughout history while the English plant them along the sidewalks. At present, Queen Elizabeth is so fond of Chamomile that this plant is grown all over the Buckingham Palace.

Source/volatility: Flower / medium.

Smell: Apple-like.

Main functions: Pain-relieving, soothing, calming, skin care.

Physiological effect: Relieves headache and nervous tension, regularises menstrual period, relieves menstrual pain, pre-menstrual and menopause symptoms. It also soothes the stomach, cures spasms, inflammation, gastric pain and

indigestion. Massages by using Chamomile can relieve muscle pain and swollen joints. Relieves gastritis, diarrhoea, vomiting and other intestinal disorders. It is able to enhance the immune system and antianaemia. The German Chamomile is suitable for children, it is more effective in enhancing immune system and curing inflammation.

- Skin Care: Relieves swelling, strengthens tissues, restores broken capillaries, adds suppleness, suitable for normal sensitive skins, such as those with red spots, swelling, dry, urticaria, inflamed and peeled skins.
- Emotional effect: Calming, relieves anxiety, tension, anger and fear, insomnia, antidepressant, calms down restlessness during menopause.
- Contraindication: Avoid during first 3 months of pregnancy as it might cause menstruation to occur.