

German Chamomile Extract

INCI: Chamomilla Recutita (Matricaria) Flower Extract (and) Butylene Glycol (and) Water



. Chamomile is one of the best skincare herbs available and is particularly useful for skin conditions such as contact dermatitis (eczema). This apple-scented herb comes in several different forms, but they all offer natural beauty benefits.

Chamomile is antibacterial, anti-fungal, anti-inflammatory and antiseptic. It is also considered to be hypoallergenic with the ability to neutralize skin irritants.

.German Chamomile (*Matricaria recutita*) – also known as Hungarian, or Blue Chamomile, this variety is annual and grows tall. It doesn't have the same spreading habit as Roman Chamomile. Its essential oil is deep blue due

to its high chamazulene content (2-5%) and it contains a high percentage of alcohols such as bisabolol.

Because it has been used so widely for such a long time, chamomile is one of the few herbs that has been included in clinical trials to look into its effectiveness in skincare. Most documented studies have been completed in Germany using a chamomile cream or ointment. In one trial with humans, chamomile was found to have an effect that was 60% as active as 0.25% hydrocortisone when applied topically. In another trial, the chamomile ointment was effective in reducing dermatitis following a single application of sodium lauryl sulfate (Brown & Dattner, 1998).

So what is it that makes chamomile such a great skincare herb? Chamomile is used in skincare and known for its anti-inflammatory properties. Chamomile contains a long list of chemical compounds which are individually known for their anti-inflammatory properties. Most studies, however, have found that the whole extracts were more active than their individual constituents. Nonetheless, a few chemicals in particular give chamomile its reputation as a fantastic skin healer:

- **Bisabolol** – As we saw in my last blog post, bisabolol is anti-inflammatory, antibacterial, anti-irritant, anti-fungal and non-allergenic. Bisabolol is found in both German and Roman chamomile essential oils although German chamomile has a higher concentration.

- **Chamazulene** – one of the azulenes, chamazulene is only found in the essential oils of both Roman and German chamomile and is created during the distillation process from another compound called matricin. This compound causes the essential oil of German chamomile in particular to go bright blue. Roman chamomile essential oils is often distilled in a way that prevents the formation of chamazulene as the industry prefers this oil to be a pale straw colour. Chamazulene is credited with providing the anti-inflammatory properties of both chamomiles.
- **Apigenin** – this flavonoid is gaining notoriety following some recent research which has shown it to reduce DNA oxidative damage, inhibit the growth of human cancer cells and act as an anti-inflammatory. Apigenin is found in both chamomiles, but is only present in the flowers and not in the oils.

Chamomile is a fabulous skincare herb and is suitable for all skin types. As it is so strongly anti-inflammatory, it is particularly suited to sensitive skins that are prone to inflammation. It is herbs such as chamomile that demonstrate yet again that botanical extracts are generally the best choice for skin care.

Potential Skin Benefits of Chamomile:

Chamomiles have been used since Ancient times for their calming, anti-bacterial and anti-inflammatory properties in treatment of various medical conditions such as cold, sore throat, gingivitis, insomnia, anxiety, colic, irritable bowel syndrome, psoriasis, eczema and acne. Chamomile is available as dried flower heads, an infusion (tea), liquid extract, essential oil, tinctures (concentrated in alcohol) and in creams and ointments.

1. Overall skin care Treatment

Chamomile poses overall powerful healing, anti-oxidant, antibacterial and anti-inflammatory properties. It also proves to be very effective in treatment of acne, wounds and scars on skin surface. It also possesses amazing healing, moisturizing, cleansing and soothing effect. It can be effectively used as a scrub for full body or as a face mask and provides soothing and relaxing effect for your eyes too. It can be used topically on your skin and as well as on scalp while taking bath to prevent itchiness and any skin irritation. In addition, it is also found to be highly effectual in preventing and eliminating dandruff. Chamomile can soothe insect bites, chicken pox, wounds, burns bruises, sunburns, rashes and inflamed skin. The herb is also well known for easing discomfort caused by diseases such as eczema, psoriasis, diaper rash and other skin irritation. It is also found to be popular remedy for stopping the growth of ulcers. Researchers have also shown topical chamomile solution is very effective and quicker at relieving the itch, pain and inflammation of skin lesions than topical hydrocortisone (steroid) treatment. Thus this scrumptious herbal remedy provides solution to several skin related problems and can be used topically by applying on skin or can be consumed along with food. And the best part of it is that this herbal home remedy is not only effective, but is also very reliable, cost effective and delicious when used orally. And therefore because of its, these extraordinary properties, it is considered a full fledged skin care treatment.

2. Anti-oxidant properties

Chamomile is an abundant source of anti-oxidants. Antioxidant helps to fight against the free radicals present in the body which damages skin cells. Thus it provides excellent protection against these free radicals and prevents any skin damage. A study proved that chamomile is very effective in fighting against bacteria and hence used as a powerful home remedy in preventing acne and scars on face.

3. Healing Properties

Chamomile poses strong healing properties because of its anti-oxidant and anti-microbial properties. It also acts as a good disinfectant and can be used in cleaning of wounds and minors cuts on skin surfaces.

4. Act as Moisturizer

Chamomile proves to be a very good moisturizer and cleaner for skin. The components present in chamomile works to be very good mask for acne and a serves as a very good toner and cleaner for skin. Chamomile can also have positive benefits on skin when consumed along with food as it nourishes and moisturizes skin from inside.

5. Reduce swelling

Chamomile proves to be very effective in treatment of pressed and damaged pimples to reduce its swelling and redness due to its anti-inflammatory and anti-oxidant properties. And many people use chamomile extract along with bath to get rid of various skin problems such as eczema, chicken pox and common swelling or infections associated with such diseases.

6. Reduce Dark circles under Eyes

Another very important advantage of chamomile is that it can be used to treat dark circles under eyes. This remedy helps to lighten the dark circles under eyes and give relief from eye puffiness.

7. Soothing Effect

Chamomile is found to be very effective in soothing skin irritation and sunburns when applied topically on skin surface. A chamomile bath can also be used for babies where they ease from diaper rash and other skin irritation, preserving the softness of baby's skin and promoting good sleep. Chamomile is also a very effective remedy for dry and flaky scalp because of its anti-fungal properties.

8. Skin Bleach

It lightens your complexion and gives a healthy glow naturally. Chamomile has been used for centuries as a skin lightener. It tightens pores, soften skin and when used, will fade spots and acne scars. about 8-10 minutes. It contributes to give a skin a bleaching effect and lightening.

9. Acne Treatment

Chamomile can fight against acne scars and eliminate through its anxiolytic and antioxidant properties.

.Recommended content : 1.0 ~ 10.0 %

.Stability: IndiEx Chamomile Extract is stable in well-ventilated and cool place but not heat, sparks flames.

.Store: Store in tightly closed containers, preferably at controlled room temperature.

