

Yarrow

Emotions:	Strengthen your emotional and energetic boundaries
Uses	acne, allergies , arteriosclerosis, arthritis-rheumatoid, blisters, boils , burns-mild, cancer supportive, cold, colic, constipation, cuts, cystitis/inflammation of the bladder, diaper rash, eczema, fever, flatulence/gas, flu, genitals-male-cooling, genitals-male-inflammation, hair-dry, hair-fragile, hair-greasy, hair loss/alopecia, headache , hemorrhoids, hepatitis, high blood pressure, indigestion/dyspepsia, inflammation, insomnia, joints, joints-swollen, menopause, menstrual bleeding-absence/amenorrhea, menstrual bleeding-irregular/very light), menstrual cramps, menstrual pain/dysmenorrhea (sitz bath), nettle rash, rashes, rosacea, scars, skin-aging, stress, synovitis, teething, thrush, vaginitis, vaginitis-antropic, varicose veins, wounds
Properties	anti-inflammatory, antipyretic, antirheumatic, antiseptic, antispasmodic, aphrodisiac , astringent, carminative, cicatrisant, diaphoretic, digestive, expectorant, haemostatic, hypotensive, stomachic, tonic, tonic-respiratory
Constituents	Sabinene, camphor, 1.8-Cineole, alpha-Pinene, beta-Pinene, Camphene, Terpinen-4-ol, para-Cymene, Borneol, iso-Artemisia ketone, others
Scent/Note/Viscosity	fresh, green, sweet-spicy, camphoraceous; middle note; dark blue; watery to medium viscosity.
Best Mixed With	Cedarwood, Chamomile, Pine (Angelica, Oak Moss, Valerian, Verbena, Vetiver)
Warning	Do not use if pregnant or epileptic; Prolonged use may cause headache; Do not use if you have sensitive skin. May irritate skin, dilute well.

DISCLAIMER

This information has been gathered from reliable sources. I make no claim to accuracy. All information contained on this page or within this site is for reference purposes only. It is not intended to substitute for advice given by a physician or other licensed health care professional. It is not recommended that you take essential oils internally unless under the supervision of a Medical Doctor.