

Chamomile

Scientific Names:

Roman: *Chamaemelum nobile*

German: *Matricaria recutita*

Uses:

Diarrhea, indigestion, colic,

Inflammation, Insomnia, cramps, wound healing



Plant Profile

Roman Chamomile

Type: Forb/Perennial

Bloom: Summer, Autumn

Flower Color: yellow, white

Sun: Full to Partial Sun

Hardiness: -30° / Zones 3-10



German Chamomile

Type: Herb/Annual

Bloom: Spring

Flower Color: yellow, white

Sun: Full to Partial Sun

Hardiness: -4° / Zones 3-9

Magickal Profile

Rulers

Elemental: water

Planetary: Sun

Keywords

Protection, Healing, Purification, Relaxation, meditation.



Chamomile has been used for both healing and magick ever since man discovered its secrets. The Egyptians used it both as a soothing tea and a protection herb in their mummification rites. Chamomile has strong protective qualities and is often used to protect homes and sacred spaces. Sprinkle chamomile inside your home or over thresholds for protection. It can also be used as a purification herb and is often added to ceremonial baths and head washing. Add a chamomile infusion to your bath water as a quick purification and healing bath. In addition, a chamomile infusion can be used to protect plants from pests and funguses. Both the flowers and leaves are edible, but please note that if you are allergic to Ragweed, be cautious when taking it internally!