

QUICK REFERENCE SHEET

BLUE TANSY

Tanacetum annuum



Plant Family:
Compositae



Extraction Method:
Steam Distilled



Part Utilized:
Leaves, Flowers



**Region of
Origin:**
Morocco

AFFINITY FOR:

nerves, muscles, solar plexus chakra, yin energy

THERAPEUTIC PROPERTIES:

analgesic, anti-inflammatory, nervine,
antibacterial, antihistamine, hypotensive

AROMATIC CONSIDERATIONS:

Blue Tansy is a sweet smelling and very relaxing oil.

APPLICATION:

Dilute and apply to the feet or body. This oil should be used sparingly alone, or used as part of a blend.

! CAUTIONS:

Blue Tansy is better used as part of a blend.

INGREDIENT IN:

LeAngel, LeDreams, LeEverlasting, LeFortitude, LeLetting Go, LeLife Force, LeLivN, LeMillenia, LeRevitalize, LeTranquility

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Blue Tansy, like other oils containing chamazulene, regulates the flow of vital energy throughout the body. As the flow of energy in the body travels more freely, a feeling of peaceful solitude is created in our minds and heart. We are better able to handle stress, and feel less threatened and overwhelmed. We feel more gratitude for our health and our families. Blue Tansy increases our creativity, productivity, and desire for achievement on many levels.

PHYSICAL ASPECTS:

Blue Tansy adds pain relieving and anti-inflammatory properties to blends in which it is placed. Blue Tansy relieves nervous tension and is used, in very diluted form, for itchy skin conditions. Oils containing chamazulene are stimulating to the thymus gland and raise blood pressure that is abnormally low.

GENERAL INFORMATION:

A high chamazulene content gives Blue Tansy its vivid, deep blue color. This is the same constituent that gives Chamomile German its distinctive color. Essential oils containing chamazulene should be a deep and vivid blue. Yellow, brown, or muddy aspects indicate that the oil is of inferior quality. The oil has been over processed or it has been exposed to excessive amounts of light and air.

Chamazulene is a compound created naturally during the distillation process. Since absolutes are not distilled, they will not have the deep blue color.