

## QUICK REFERENCE SHEET

# TARRAGON

*Artemisia dracunculus*



Plant Family:  
Compositae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves



**Region of  
Origin:**  
Hungary

### AFFINITY FOR:

digestive system, nervous system, lymphatic system, urinary tract, autonomic nervous system

### THERAPEUTIC PROPERTIES:

antiarthritic, digestive, cholagogue, emmenagogue, menstrual regulator, stimulant, vermifuge, anti-inflammatory, antiseptic, antiviral, antispasmodic, diuretic, laxative, neuromuscular sedative

### AROMATIC CONSIDERATIONS:

Tarragon is especially nice when diffused with Marjoram. Tarragon can soothe emotions and bring relief from grief, anger, and shock.

### APPLICATION:

Tarragon should be diluted well before applying to the skin of the body or the feet.

### ! CAUTIONS:

Depending on conditions at the time of harvest, Tarragon essential oil can have quite a high concentration of methyl chavicol, which can be toxic taken internally and irritating externally. Use of Tarragon as a single oil should be avoided; at the very least, extreme care and caution should be used. Tarragon should be avoided if you are pregnant.

### INGREDIENT IN:

<sup>Le</sup>InsideOut, <sup>Le</sup>Synopsis

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Tarragon helps us to draw in the energy of life that is all around us. It fosters more than just the desire for health or the will to live; it inspires us to seek for, and find, energy enough (and some to spare) for us to accomplish all that we desire.

### PHYSICAL ASPECTS:

Tarragon aids digestion by stimulating the secretion of digestive acids and bile into the stomach. This increases the appetite and improves the absorption of nutrients into the bloodstream. Tarragon also increases the peristaltic motion of the intestines, eliminating bouts of constipation. Tarragon acts to increase circulation, liquefy and drain lymphatic mucous. Tarragon's antiseptic properties have a special affinity for urinary tract infections. Stubborn infections in weeping wounds often respond to washing with a very diluted solution of Tarragon essential oil.

Tarragon stimulates and balances the autonomic nervous system which is responsible for such things as the heartbeat, the function of the kidneys, and the flow of hormones.