



**Achillea millefolium –Common Yarrow** - Achillea refers to the hero "Achilles" of the Trojan War. He is said to have discovered the plant and used it for wound healing. Millefolium means thousand-petalled and refers to the many finely branched leaves. In the doctrine of signatures an indication of the finely branched blood vessels.

The Common Yarrow flowers from the beginning of June until late autumn. Healing plant part is the flowering herb without root.

The Common Yarrow is especially beneficial for women and helps with typical gynecological problems. In homeopathy, Common Yarrow is also used for varicose veins, cramping pain and itchy skin conditions. A Common Yarrow in the bath water relieves pain in gout and rheumatism.

Use: as a tea, for baths, wraps, rinses, spice, face washes on skin problems (even psoriasis), for yellowing wool, ...

#### **Common Yarrow tea:**

The flowers are harvested exceptionally for noon heat. Then the essential oil is strongest in all plant parts. The Common Yarrow contains the essential oil not only in the flowers, but in the whole plant. That's what makes them so valuable.

#### **Common Yarrow essential oil:**

The oil is very kind to the skin, has a strong mental stabilizing effect and leads back into the middle. It is only slightly dosed. 1 drop in a mixture with 50 ml base oil is sufficient.

#### **Common Yarrow syrup:**

From the flowers can be made an aromatic syrup.

### **Yarrow oil extract**

A massage on the scalp also helps with hair loss, either due to hormonal disorders or after chemotherapy. Even after irradiation, yarrow oil helps to rebuild the sensitive skin.

Fill fresh flowers with the upper part of the stalk and the leaves in a jar and pour over olive oil or almond oil (all parts must be well covered). Cover the glass with a cloth and leave it in a warm place for 14 days. Then filter the oil and fill in a dark bottle.