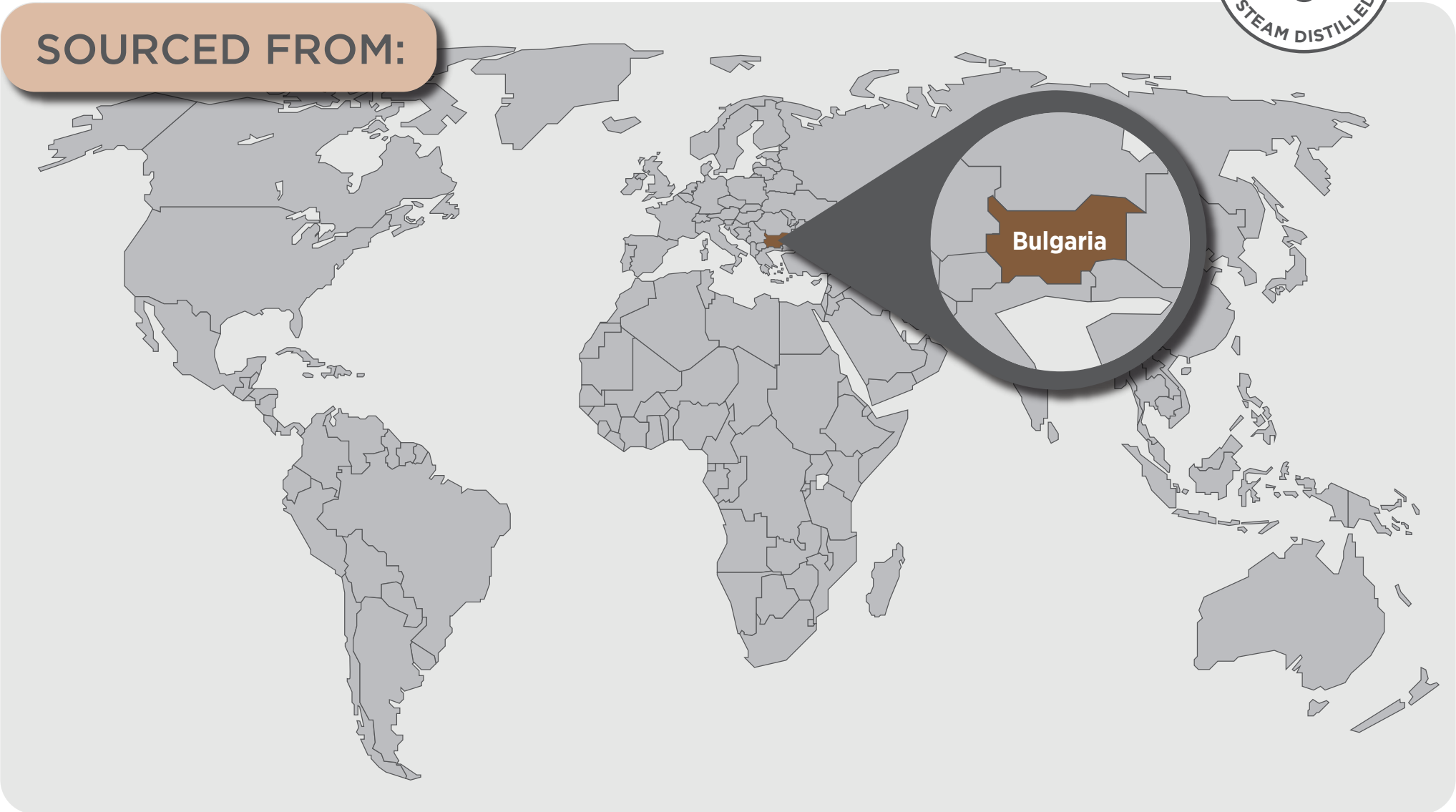


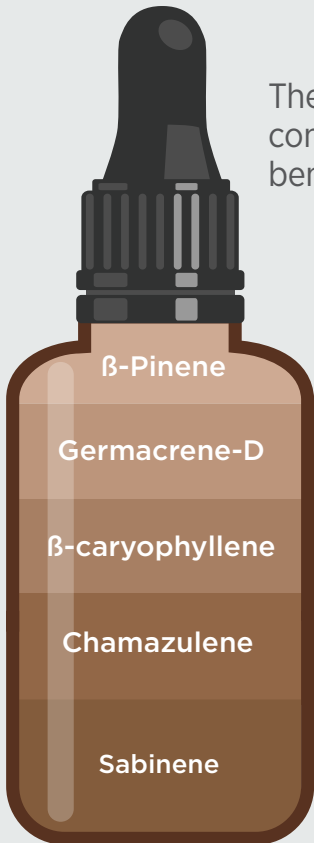


SOURCED FROM:



The ancient Greek hero Achilles utilized yarrow in his battles to help his soldiers, which earned the herb its scientific name, *Achillea Millefolium*. *Achillea* after Achilles and *Millefolium* meaning "thousand leaves".

CHEMISTRY:



The main chemical constituents and associated benefits of Yarrow are:

- immune support*
- antioxidant support*
- soothing
- cleansing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

44

Published studies about the benefits of yarrow

Numbers according to PubMed as of November 2018

FUN FACT

Yarrow was used anciently in battle.

WORKS WELL WITH:



FUN FACT

Yarrow is also known as "Soldier's Woundwort".