

Fresh as a Daisy

Extract from the common daisy may help with myriad skin and health issues

by Kris Campbell



Known as the common daisy or English daisy, *Bellis perennis L.* is not just another pretty flower in the professional skin care industry. A member of the Asteraceae family, the genus name, *Bellis*, from the Latin word *bella*, means beautiful, and *perennis* means perennial. Daisies are native to western, central, and northern Europe, but are also found now on the American and Australian continents.

HEALTH BENEFITS

Bellis perennis L. has many health-related benefits. It has been used in teas to help ease the symptoms of colds and other respiratory issues, and has been known traditionally to help with bronchitis by adding hydration to dry mouths and easing the breathing process. People have used daisy extract as a mouthwash since it may help reduce inflammation in throat and mouth.

Daisy also has a stimulating effect on the digestive system and has been used as a treatment for many ailments of the digestive tract, such as diarrhea, gastritis, liver and gallbladder complaints, and mild constipation. The stimulating effect helps those with issues of appetite loss. The flowers have been used internally in Austrian herbal medicine, such as in tea, for treating disorders of the gastrointestinal and respiratory tract.

The flower extract can be beneficial in treating uterine problems that are associated with bleeding and debility. This plant has also shown to be effective when treating acute pain in the pelvic region.

SKIN BENEFITS

Hyperpigmentation

Daisy flower extract contains L-arbutin, which is a natural substance that can help brighten the skin by blocking the formation of melanin, which in turn reduces pigmentation. Since it is naturally derived, daisy extract is also a good replacement or alternative for hydroquinone to resolve hyperpigmentation, especially for pregnant and lactating women.

Acne

Daisy extract has antiseptic properties, relieving acne conditions by preventing the growth of microorganisms. The antimicrobial and anti-inflammatory benefits will also help those with oily rosacea conditions.

Wound Healing

The daisy's roots and leaves also have antimicrobial and anti-inflammatory benefits that have been used throughout history to help heal wounds. As far back as ancient Rome, healers used bandages soaked in the juice of daisies to bind sword and spear injuries. The extract is also taken internally to relieve tenderness or discomfort and facilitate quick recuperation from any surgery or injury. In homeopathy, it is administered orally to relieve tenderness or discomfort.

Free-Radical Fighter

Daisies contain flavonoids, which have high concentrations of antioxidants that help neutralize free radicals present in the environment. This in turn offers the skin protection in the antiaging process.

DAISY FLOWER OIL BENEFITS

Low-temperature maceration (solar-infusion) of the daisy flowers can be added to organic cold-pressed sunflower oil, creating an infused oil with a variety of uses. It's an excellent moisturizer for skin and hair, and the delicate aroma can help relieve stress. As a massage oil, it is useful for healing bruises and helping relieve muscle cramps, nerve pain, and arthritis.

CONTRAINDICATIONS

Daisies may cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae plant family. Members of this family include ragweed, chrysanthemums, marigolds, daisies, and many others.

Homeopathic doctors do not usually recommend using this herbal remedy in individuals with blood problems, such as those with a predisposition to develop blood clots and those with anemia. Also, if you are taking muscle relaxers or hypoglycemic drugs, do not use this herb.



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Most of the contraindications are for taking daisy extract internally. There may not be an issue topically; however, we know the skin can absorb things that are applied to it. It is always recommended to have the client discuss the use of daisy flower extract with their physician.

A NATURAL ALTERNATIVE

Daisy flower extract is widely used in professional and consumer skin care. The healing, antimicrobial, anti-inflammatory, free-radical fighting, and brightening benefits make it a favorite for those looking for a natural alternative to the harmful chemicals that treat the same conditions. ☺