



# Roman Chamomile

## *Anthemis Nobilis Essential Oil*

Also known as “Blue Chamomile”, Roman Chamomile is a wonderfully soothing and calming oil that aids in soothing effects for the mind, body, and skin.

Size: 15ml

Size: 5ml

### APPLICATION METHODS:



Can be used topically



Can be used aromatically

### Primary Benefits

Soothing and healing effect on the skin, calming to the nervous and digestive systems, potent remedy for inflammatory conditions, aids headaches and migraines.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Sweet, apple-like, floral, herbaceous

### Collection Method

Steam Distillation

### Plant Part

Flower

### Main Constituents

4-methylamyl angelate, isobutyl angelate, isoamyl tiglate

### Description

Roman Chamomile contains azulene, a powerful anti-inflammatory agent. It has flowers that resemble a daisy and grow close to the ground. The Egyptians used it to cure fevers and it was also used in shampoos, cosmetics and perfumes. When used on children, Roman chamomile can have calming and relaxing effects, especially on the nervous and digestive systems. It also helps to regulate and ease the menstrual cycle. It has a strong healing influence on the skin, as well as being a wonderful aid for inflammatory conditions.

### Uses

- Diffuse for nervous complaints, headaches, and migraines
- Add to carrier oil or to a bath to assist with allergies, addiction, insomnia, back pain, muscle pain, arthritis, and post-natal depression as well as menstrual symptoms
- Add to base cream for diaper rash, burns and sunburn
- Add to skin care regimen to promote youthful looking skin
- Add to favorite shampoo to promote healthy, vibrant hair
- Diffuse at bedtime for restful nights sleep

### Properties

Analgesic, Anti-Spasmadic, Antiseptic, Antibiotic, Anti-Inflammatory, Anti-Infectious, Anti Depressant, Carminative and Sedative

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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