



CHAMOMILE Roman Essential Oil



Botanical Name: *Anthemis nobilis*

Plant Part: Flowers

Origin: United Kingdom

Processing Method: Steam Distilled

Child Safe: Yes

Aromatic Summary / Note / Strength of Aroma: A strong middle note, Roman Chamomile has a fragrance like apples and sweet straw and is considered the finest smelling of all chamomiles.

Product Abstract: This chamomile grows extensively in central and eastern Europe, and is in the daisy family, growing to 30 cm high with lacey leaves and small white daisy-like flowers. The word 'chamomile' comes from the Greek word chamomaela or ground apple, referring to the fact that the plant grows low to the ground, and the fresh blooms have a pleasing apple-scent. In use for centuries, chamomile was a symbol of the omnipotence of the Egyptian god, Ra; to the Saxons it was one of nine sacred herbs; and in Europe during the Middle Ages it was used as a strewing herb.

For anyone that is under stress, is going through a period of depression, loneliness, intense fear or is challenged by anxiety or post traumatic shock disorder, Roman Chamomile Essential Oil can help bring a sense of calm. Roman Chamomile is also a suggested oil for use during times of anger or irritability.

Roman Chamomile Oil is also heralded for its anti-inflammatory action. It can be used to help calm inflamed skin and to ease arthritis, headaches, sprains and muscle aches.

Applications

Digestion: Roman Chamomile is a gentle remedy for stress-related digestive discomfort, spasm, or gas. Use it in compresses, massage oils, creams, and baths. I've used Roman Chamomile hydrosol with babies that have colic. Just add one capful to a warm washcloth and place on their belly for a few minutes. Adding some gentle massage on the belly before eating can be helpful too.

Musculoskeletal: For aches and pains related to stress and muscle spasm, Roman Chamomile can be blended with Lavender, Clary Sage, Bergamot, and Geranium.

Skin: Roman Chamomile hydrosol is fantastic for irritated skin.

Stress, tension, and PMS: The gentle, sedative qualities of Roman Chamomile can alleviate stress and anxiety, encourage relaxation, and support sleep. Try blending it with Lavender, Neroli, Rose, Ylang Ylang, or Frankincense for calming, or with Jasmine and Sweet Orange to reduce anxiety without causing low energy or fatigue.



Primary Benefits

- Has a calming effect on the skin, mind, and body
- Soothes the systems of the body
- May help support healthy immune system function

Directions for Use

- Add 1–2 drops to your favorite moisturizer, shampoo, or conditioner to promote youthful-looking skin and hair.
- Diffuse or apply to bottoms of feet at bedtime.

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

Safety Data

Non-toxic, non-irritating.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

****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.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).