

Roman Chamomile (NHP) dōTERRA® | CANADA

Anthemis nobilis 5 mL

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Plant

Extraction Method: Steam distillation

Aromatic Description: Floral, sweet, herbaceous

Main Chemical Composition: 4-methyl amyl angelate, isobutyl angelate, isoamyl tiglate

Roman Chamomile (NHP) | *Anthemis nobilis* 5 mL

60200810

Description

Roman Chamomile grows close to the ground, reaching only up to a foot in height. It has gray-green leaves, flowers that resemble a daisy, and smells like apple. Roman Chamomile can often be found in face creams, hair dyes, shampoos, and perfumes. NPN 80072461

Uses

Therapeutic

- + Used in aromatherapy as a nervine/calmativ.
- + Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

Directions

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

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

Cautions

Not for oral use. Keep out of reach of children. External use only. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. If accidental ingestion occurs, seek urgent medical attention or contact a Poison Control Center. Consult a health care practitioner prior to use if you have epilepsy or asthma, or if symptoms persist or worsen. If you are pregnant or breastfeeding do not use this product. Do not expose the applied area(s) to the sun for 24 to 48 hours after application. If you experience nausea, dizziness, headache, or an allergic reaction, discontinue use. For prolonged use, consult a healthcare practitioner.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin