Roman Chamomile
Anthemis nobilis 15 ml

PRODUCT DESCRIPTION

Roman Chamomile grows close to the ground, reaching only up to a foot in height. It has grey-green leaves, flowers that resemble a daisy, and smells like an apple. The plant has been nicknamed the "plant's physician" because it has positive effects on plants growing nearby. Ancient Romans used the Roman Chamomile oil for courage during war. While the most common use for Chamomile is in tea, Roman Chamomile can also be found in face creams, hair dyes, shampoos, and perfumes.

USES

- Incorporate Roman Chamomile into your bedtime routine by applying 1-2 drops to the bottom of feet before getting into bed.
- Add 1-2 drops to your shampoo or conditioner for a smoothing effect.
- Blend with other floral essential oils like Lavender, Ylang Ylang, and Patchouli.
- Add to your daily moisturiser to benefit from its calming effects to the skin.

ENHANCE YOUR ROUTINE

The soothing properties of Roman Chamomile essential oil are also helpful for when you want to soothe your skin or tame your hair. Add one to two drops of the oil in a daily moisturiser to incorporate Roman Chamomile essential oil into your daily skincare regimen. If you want to use Roman Chamomile oil for hair, you might consider adding a few drops to your shampoo or conditioner. Not only will this promote healthy-looking hair, but it will also leave your locks with a fresh and floral scent.

DIRECTIONS FOR USE

Topical use: For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil. For topical use only.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears, and sensitive areas.

PRIMARY BENEFITS

- Has a calming effect when applied to the skin and body.
- Commonly found in face creams for its ability to promote youthful-looking skin.
- Promotes healthy-looking hair and gives hair a fresh, floral scent.
- Creates a sweet, floral aroma.