

Roman Chamomile

Essential Oil Supplement 5 mL

dōTERRA®

Product Information Page (UAE)



Application: 1

Ingredients: Roman Chamomile Oil

Aromatic Description: Floral, sweet, herbaceous

Roman Chamomile | Essential Oil Supplement 5 mL

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Primary Benefits

- + Calms the body when used internally.
- + May help support a healthy digestive system.

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. Roman Chamomile essential oil can be used in teas for its relaxing benefits.

Uses

- + Mix one to two drops to herbal teas or hot drinks to soothe the body

Directions

Internal: Dilute one drop in 120 mL of liquid. Take it once a day.

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas.