

Roman Chamomile (NHP)

Anthemis nobilis 5 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Plant

Extraction Method: Steam distillation

Aromatic Description: Floral, sweet, herbal

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

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

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Description

Roman chamomile is a wild-growing perennial plant with small white blossoms that resemble daisies. Nicknamed the "plant's physician" for its positive effects on nearby flora, Roman chamomile oil has a gentle fragrance that is often utilized in teas, face creams, shampoos, and perfumes. As a registered natural health product, Roman Chamomile essential oil holds valuable benefits when used in aromatherapy. NPN 80072461

The aroma of Roman Chamomile is a beautiful medley of sweet, floral notes and herbal undertones. When used aromatically and topically for therapeutic purposes, Roman Chamomile has a calmative effect. Diffuse Roman Chamomile during your bedtime routine to create a deeply tranquil atmosphere or rub it into the bottoms of your feet to enjoy its calming aroma as you prepare for rest.

Uses

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

Directions

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

Aromatic: Apply 1-6 drops of undiluted essential oil to a tissue and inhale up to 3 times per day.

Topical: Dilute 1 drop with 5 mL of dōTERRA Fractionated Coconut Oil. Apply topically up to 3 times daily or use in massage once daily. Rub or massage into skin until solution vanishes. Do not use essential oil undiluted.

Cautions

For occasional use only. Not for oral use. Keep out of reach of children. 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 healthcare 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. If you experience nausea, dizziness, headache or an allergic reaction, discontinue use. Avoid exposure of applied areas to the sun.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin