

# Roman Chamomile

# Anthemisi nobilis

5 ml

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Product Information Page



**CPTG** Certified Pure Tested Grade®

**Roman Chamomile** | Anthemisi nobilis 5 ml

**Aromatic Description:** Floral, sweet, herbaceous

**Extraction Method:** Steam distillation

**Plant Part:** Flower

## Primary Benefits

- + has a sweet fragrance that creates a relaxing environment
- + Has an effect on the whole body

## 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. The plant has been nicknamed the "plant's physician" because it has positive effects on plants growing nearby. Ancient Romans used the oil for courage during war. While the most common use of chamomile is in teas, Roman Chamomile can also be found in face creams, drinks, hair dyes, shampoos, and perfumes. Roman Chamomile has a calming effect on the skin, mind, and body. It soothes body systems.

## Uses

- + Mix one to two drops to herbal teas or hot drinks to soothe the body.
- + Diffuse or apply to bottoms of feet at bedtime.

## Directions

**Aromatic use:** Add three to four drops to diffuser of choice.

**Internal use:** Dilute one drop in 120 ml liquid.

## 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.