

Roman Chamomile

Anthemis nobilis 5 ml

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Product Information Page



Application: A I N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Floral, sweet, herbaceous

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

Roman Chamomile | *Anthemis nobilis* 5 ml

SKU: 60219597

Primary Benefits

- + Creates a sweet, floral aroma
- + Soothing effects when ingested

Product 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. While the most common use of Roman Chamomile is in teas, there are other alternatives that this essential oil can be used in. Roman Chamomile essential oil is known for its calming effect on the body when ingested.

Uses

- + Dilute one drop in four fluid ounces of liquid.
- + Add one to two drops to herbal teas or hot drinks to soothe the body and mind.

Directions for Use

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

For Use in Food: Dilute one drop in 120 ml of 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.