

ROMAN CHAMOMILE

Anthemis nobilis 5 mL

Floral, sweet, herbaceous

Aromatic description

PRIMARY BENEFITS

- When diffused its aroma promotes a soothing environment.
- Provides a comforting aroma and soothes skin.

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 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 is soothing to the skin.

USES

- Add one or two drops to your favorite moisturiser, shampoo, or conditioner to promote youthful-looking skin and hair.

- Add one or two drops to herbal teas or hot drinks.
- Diffuse or apply to bottoms of feet at bedtime.

DIRECTIONS FOR USE

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

FOOD FLAVOUR USE: Add one or two drops to food.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Flower

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
4-methyl amyl angelate, isobutyl angelate, isoamyl tiglate



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