

ROMAN CHAMOMILE

ANTHEMIS NOBILIS 5 ML



PRIMARY BENEFITS

- WHEN DIFFUSED ITS AROMA PROMOTES A SOOTHING ENVIRONMENT
- PROVIDES A CALMING 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 provides a calming aroma and is soothing to the skin.

USES

- Add 1-2 drops to your favorite moisturiser, shampoo, or conditioner to promote youthful-looking skin and hair.
- Add 1-2 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 1 or 2 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

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.

PLANT PART: Flower

EXTRACTION METHOD: Steam distillation

AROMATIC DESCRIPTION: Floral, sweet, herbaceous

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

