

# Roman Chamomile

*Anthemis nobilis* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A | T | N

**Plant Part:** Flower

**Extraction Method:** Steam distillation

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

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

## PRIMARY BENEFITS

- Has a calming effect on the skin, mind and body.
- To use as a home remedy for acne.
- May benefit immune system and health.

## 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. 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.

## USES

- Add 1–2 drops to your favorite moisturizer, shampoo, or conditioner to promote youthful-looking skin and hair.
- Diffuse or apply to bottoms of feet at bedtime.
- Diffuse to soothe anger and irritability.
- Apply to wrists and neck for a peaceful evening at home.
- Apply to chest over heart for feelings of well-being.

## DIRECTIONS FOR USE

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

**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.

