

# Roman Chamomile

Nourishing Essential Oil 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: **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

- Soothing to the skin when applied topically
- Commonly found in face creams for its ability to promote youthful-looking skin.
- Creates a sweet, floral aroma.

## 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. Roman Chamomile can be found in face creams and perfumes.

## USES

- Incorporate Roman Chamomile into your bedtime routine by applying 1-2 drops to the bottom of feet before getting into bed.
- Blend with other floral essential oils like Lavender, Ylang Ylang, and Patchouli.
- Add to your daily moisturiser to benefit from its calming effects to the skin.

## DIRECTIONS FOR USE

**Topical use:** Mix 1-2 drops with 10 drops of dōTERRA Fractionated Coconut Oil for Skin Care and apply on desired areas for skin care, or mix with daily skin care regimen and apply on skin.

## 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.

