

ROMAN CHAMOMILE

Anthemis nobilis



Essential Singles

With a sweeter aroma than German Chamomile, this soothing and gentle oil is suitable for children and adults alike. It is particularly calming in times of stress. Roman Chamomile is very relaxing to children and adults alike. When layered with Lavender it works wonders as a shoulder and neck massage for those who are stressed or overtired and can't relax. Due to its antispasmodic and calming effects Roman Chamomile used for back and shoulder massage is helpful for those who suffer from insomnia. Layered with Lavender it creates a wonderful fragrance and enhances the relaxation properties, a favorite among children.

SOOTHING,
GENTLE,
ANTISPASMODIC

Roman Chamomile layered with Lavender is helpful for eczema and other rashes as both Roman Chamomile and Lavender are anti-inflammatory.

Being anti-spasmodic, Roman Chamomile is helpful for stomach cramps and colic in children. Apply clockwise to the abdominal area and gently massage. It may be applied to the stomach and intestinal foot reflex areas for additional relief. Layer it with Lavender to enhance the antispasmodic properties.

Roman Chamomile and Lavender are highly regarded as children's oils and they make the perfect combination for a child's first perfume. Layer on the wrist and neck area and they will receive the added benefit of feeling calm and nurtured.

Available in: 10ml Bottle

daily uses

BATH

- Add 5-6 drops to warm bath to provide support with allergies, anorexia, addiction, colic, insomnia, back pain, muscle pain, arthritis, post-natal depression and bowel disorders.

DIFFUSION

- Diffuse 10 minutes per hour with cold air nebulizing diffuser to create a calming environment.

INHALATION

- Inhale by applying 2 drops on hands, rub, and inhale deeply to relieve tension and stress.

INTERNAL

- Roman Chamomile is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration and is widely used in the food industry
- Add a drop to a teaspoon of honey and stir into warm water for a soothing tea.

MASSAGE

- Add 5-10 drops to 1 tbsp of carrier oil and massage into skin using a clockwise motion.

MISTING SPRAY

- Mix 10 drops Roman Chamomile with 20 drops Lavender and 1 oz massage oil for a relaxing and soothing massage.

TOPICAL

- Use neat or blend with massage oil.
- Apply 2-3 drops to the bottom of the feet at night to enhance relaxation.
- Add 2-3 drops to your favorite Age-Delay skin care products.
- 1-3 drops on temples, back of neck or on shoulders can provide a quick solution to stress and anxiety feelings. May also help combat insomnia.

RESPONSIBLE CAUTIONS

Non-toxic, non-sensitizing, non-irritant. Use caution in individuals with ragweed allergies. May cause skin irritation in those with sensitivity, so dilution is advised.

attributes

PRODUCING ORGAN

Leaf and flower

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

France

PROPERTIES

Antianemic, anti-inflammatory, antineuralgic, antiparasitic, antispasmodic, calming, carminative, digestive, emmenagogue, ophthalmic, sedative, stimulant, sudorific, vulnerary.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

