

Roman Chamomile

chamaemelum nobile 10ml

Roman Chamomile has had a medical reputation in Europe, and especially in the Mediterranean region, for over 2,000 years, and is still in widespread use. The name chamomile, in Greek chamaimelon, means "earth apple", and this describes well Roman Chamomile's earthy, yet sweet and slightly tart scent. It was employed by the ancient Egyptians and the Moors, and it was one of the Saxon's nine sacred herbs.*

Roman Chamomile contains chamazulene and cuminic acid, which make it antiseptic, antibacterial, antiviral, and antifungal as well as pain relieving. Other monoterpenes such as camphene, myrcene, and pinene, plus sesquiterpenes B-caryophyllene and sabinene, increase the analgesic effects.*

Roman Chamomile is very high in esters; anywhere from 50% (Price, 1993) to 85% (Lawless, 1992). These not only add to the anti-infective effect but are also antispasmodic and relaxing. Roman Chamomile is very relaxing and calming to children and adults alike.*

Roman Chamomile can be used as a relaxing massage oil in labor and will work on the digestive system to treat flatulence, heartburn, nausea, and vomiting. When feeling grumpy, discontented, or impatient, Roman Chamomile is a good remedy. When children have days where they feel impatient, disagreeable, or tense, they would benefit from Roman Chamomile.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser as an effective remedy for people who feel short tempered, self-involved, overly sensitive, or rarely satisfied.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well, and mist into the environment as desired.*

bath

- **Bath:** 10 drops Roman Chamomile and 10 drops Lavender Vera in ½ cup of Pink Himalayan or Dead Sea bath salts in a warm bath will benefit those who tend to be tense and stressed.*

topical

- **Lotion/Massage:** Add 10 to 20 drops to cream, lotion, or carrier oil and use in a relaxing massage for those who suffer from insomnia.*
- **Skincare:** Mix 10 drops Roman Chamomile, 10 drops Lavender, and 1 ounce of Sesame Seed oil. Apply to eczema or other rashes as both Roman Chamomile and Lavender anti-inflammatory.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

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Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

properties

Wildcrafted

Producing Organ: Flowering Plant

Extraction: Steam Distillation

Country of Origin: France

Main Chemical Constituents: Esters, pinene, farnesol, nerolidol

Therapeutic Properties: Analgesic, anti-anemic, antineuralgic, antiphlogistic, antiseptic, antispasmodic, bactericidal, carminative, cholagogue, cicatrizant, digestive, emmenagogue, febrifuge, hepatic, hypnotic, nerve sedative, stomachic, sudorific, tonic, vermifuge, vulnerary

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- May cause contact dermatitis in those sensitive to chamomile pollen.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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