

Chamomile, Roman – *Anthemis nobilis***Code:** T105 **Vol:** 5ml**Country of Origin:** England**About the oil****Distilled From:** Steam distillation from the flower heads.**Aroma & appearance:** Sweet, fruity-warm. Pale blue/green in color.**Some beneficial ways of enjoying the oil:**

- Try blending 4 drops of Chamomile and 4 drops of Lavender in 2 teaspoonfuls of sunflower oil and adding to a cool bath for dry, sensitive skin, to encourage relaxation or ease general aches & pains.
- Incorporate a steam facial into your weekly skincare routine. After cleansing, add 2 drops of Chamomile and 1 drop of Geranium to a bowl of just-boiled water, drape a towel across your head and shoulders, lean over the bowl, and allow the vapors to penetrate your skin. Pat your face dry and apply a moisturizer.

Along with Lavender, Roman Chamomile can be described as a panacea in aromatherapy and is one of the most useful and popular of all essential oils. Being one of the gentler oils, it is safe for use on all the family, except during early pregnancy.

This oil is pale blue/green in color. England is the top source for this wonderful, all-round soothing oil and is an oil of consistently high quality, grown and distilled in the UK. The small flower heads used are labor-intensive to grow and pick and yield very little essential oil, which explains the high price.

Did you know?

The herb was dedicated by the Egyptians to the sun for its ability to heal hot fevers.

Key Search words:

Soothing, relaxing, anti-inflammatory, good for all skin types especially eczema & allergies.

Safety Data

Do not use Roman Chamomile during early pregnancy
