

Roman Chamomile

CHAMAEMELUM NOBILE

Roman Chamomile is effective for skin care for most skin types and menstrual pain, premenstrual syndrome (PMS), headache, insomnia, restless leg syndrome, and nervous tension.

COUNTRY OF ORIGIN

Native to Italy, France and is now cultivated in Britain, Belgium, and the United States

EXTRACTION METHOD

Steam Distillation

PLANT PART

Flowering Tops

BOTANICAL FAMILY

Asteraceae (Composite)

CHEMICAL FAMILY

Monoterpenes, Monoterpenols, Ketones, Esters

AROMA

Fruity, Herbaceous, Sweet

NOTE

Top-Middle

SAFETY

- Not for long-term use with a history of estrogen-dependent cancer (10 days).
- Possible sensitivity when used on the face or another sensitive area.
- There is a possibility of sensitivity if a person has an allergy to ragweed.

Non-toxic and non-irritating. Safe to use in a low dilution and in moderation for babies.

THERAPEUTIC PROPERTIES

The high ester content of this oil provides a balancing and antispasmodic effect.

ANALGESIC	ANTINEURALGIC	ANTIVIRAL
ANTIBACTERIAL	ANTISEPTIC	CARMINATIVE
ANTIDEPRESSANT	ANTISPASMODIC	DIGESTIVE
ANTIFUNGAL	ANTIDEPRESSANT	HEPATIC
STIMULANT	NERVINE	VASOCONSTRICTOR
VERMIFUGE	ANTIEMETIC	ANTIFUNGAL
ANTIOXIDANT	ANTIVIRAL	CARMINATIVE
TONIC	VULNERARY	ANTI-INFLAMMATORY

BODY SYSTEMS

CIRCULATORY

LOWER BLOOD PRESSURE

ENDOCRINE

INSOMNIA & OVEREXCITEMENT

IMMUNE

FEVERS & EARACHES

INTEGUMENTARY

DRY & IRRITATED SKIN, INSECT BITE, BEE & HORNET STINGS

LIMBIC

CALMING, STRESS & SHOCK, ANGER & IRRITABILITY



BODY SYSTEMS (CONT.)

MUSCULAR

ACHES & PAINS

NERVOUS

SCIATICA & LOWER BACK PAIN, ANOREXIA

REPRODUCTIVE

PMS & CRAMPS

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