



Name	Latin Name	Origin
Chamomile, Roman	Chamaemelum nobile (Synonym: Anthemis nobilis)	England
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$68	
Part of plant	Safety note	Conservation Status
Flowers	Non-toxic and non-irritating	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Ester rich 	<ul style="list-style-type: none"> • Analgesic • Anti-inflammatory • Antispasmodic • Central nervous system sedative • Digestive Aid • Skin healing • Tonic • Assist relaxation before bedtime especially to help children relax and drift off to a restful sleep. • Used to ease occasional over-exertion during exercise and to help soothe the normal wear and tear associated with aging joints. • Eases muscle spasms particularly during menstrual cycles. • Used to help calm inflamed skin, ease arthritis, headaches, sprains and muscle ache. • Effective at relieving stress, depression, and anxiety by bringing a sense of calm. It also is suggested to be used during times of anger or irritability and anger. It is helpful during times of overthinking and worrying excessively.

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy Isobutyl angelate, butyl angelate, isobutyl butyrate, isoamyl angelate (unique components and no actions identified).</p> <p>2nd essential oil synergy combinations Ester-containing oils provide olfactory compatibility,</p>	

but not necessarily synergy; such as bergamot, bergamot mint, clary sage, geranium, jasmine, lavender, ylang ylang.

2nd component synergy

Camphene, borneol (properties).

1st essential oil synergy combinations

black spruce, hemlock, inula, maritime pine, Moroccan thyme ct borneol, rosemary, sage, Siberian fir.

2nd essential oil synergy combinations

cistus, valerian.

Potential psychological therapeutic solutions

Stress, tension, insomnia: black spruce, bergamot, bergamot mint, cistus, clary sage, geranium, ghandi root, hemlock, jasmine sambac, lavender, mandarin, maritime pine, neroli, rose abs., rosemary, Siberian fir, sweet orange, valerian, ylang ylang.

Potential physical therapeutic solutions

Musculoskeletal tension, pain, inflammation: bergamot, bergamot mint, cistus, clary sage, ghandi root, ginger, geranium, lavender, lemongrass, neroli, rosemary, Siberian fir, sweet marjoram, ylang ylang
Eczema, inflammation, wound healing: cypress, geranium, helichrysum, inula, lavender, patchouli, rose otto, sandalwood, vetiver, Virginian cedarwood
Digestive discomfort, cramp, spasm: basil CT linalool, clary sage, coriander seed, fennel, ginger, mandarin, orange bitter, peppermint, rose, spearmint, turmeric
Convalescence and immune support: black spruce, clove bud, frankincense, ghandi root, lemongrass, patchouli, rosewood, sandalwood, thyme ct linalool, thymol, geraniol, thujanol
Dysmenorrhea: angelica root, clary sage, fennel, jasmine sambac, lavender spike, plai, sweet marjoram

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings
Top middle	Balancing	3 Digestive 2
	Calming	2 Muscular/Skeletal 3
		Neurological 2
		Reproductive 3
		Skin 3

Ingredient notes
