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AU SKU: 60214039



dōTERRA® ROMAN CHAMOMILE

Chamaemelum nobile herb top flowering oil 1 mL/mL

Floral, sweet, herbaceous

Aromatic description

Soothe, settle and centre yourself with the relaxing and floral scent of Roman Chamomile oil.

Roman chamomile is a cooling essential oil with a sweet scent. It has relaxing and calming properties. Obtained from the small white daisy-like flowers this essential oil has a variety of therapeutic benefits. The name derives from the Greek anthemis meaning "little flower". It has been found in ancient Egyptian sites and in early Scandinavian culture, it was associated with the sun god.

PRIMARY BENEFITS

TRADITIONALLY USED IN
AROMATHERAPY TO:

- Support and calm nerves
- Support general health and wellbeing

TRADITIONALLY USED IN WESTERN
HERBAL MEDICINE TO

- Support the nervous system
- Relieve muscle cramping or spasm

PRODUCT DESCRIPTION

Roman Chamomile grows close to the ground, reaching only up to a foot in height. It has grey-green leaves, flowers that resemble a daisy, and smells like apple.

The plant has been nicknamed the "plant's physician" because it has positive effects on plants growing nearby. Ancient Romans used the oil for courage during war.

While the most common use of chamomile is in teas, Roman Chamomile can also be found in face creams, drinks, hair dyes, shampoos, and perfumes. Roman Chamomile essential oils provides a calming aroma and is soothing to the skin.

DIRECTIONS FOR USE

INHALATION: Use three to four drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas

PLANT PART: Flower

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
4-methyl amyl angelate, isobutyl angelate, isoamyl tiglate

TIPS FOR USE

Add one or two drops to your favorite moisturiser, shampoo, or conditioner to promote youthful-looking skin and hair.

Add one or two drops to herbal teas or hot drinks.

Diffuse or apply to bottoms of feet at bedtime.



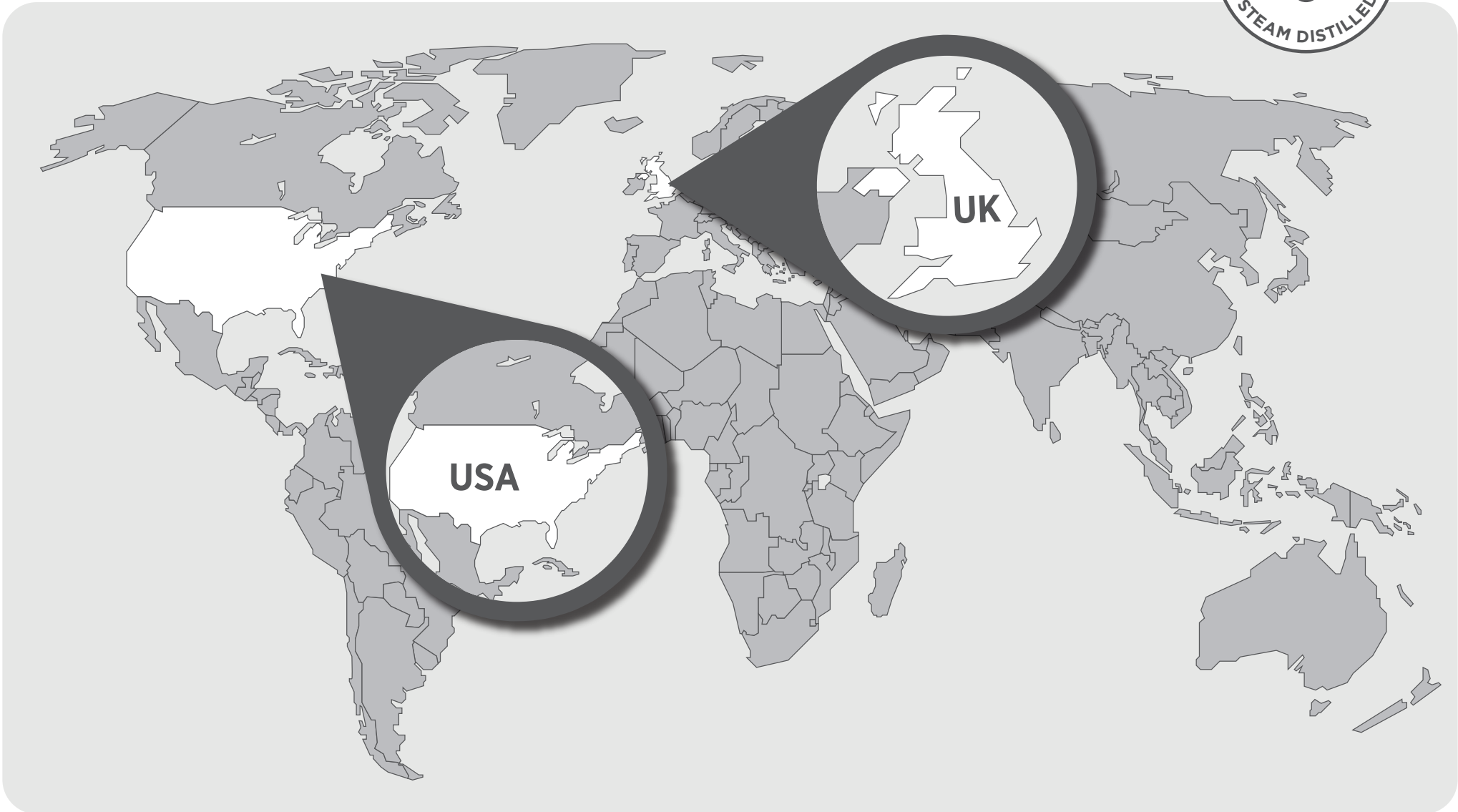
Certified Pure Tested Grade

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ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Roman Chamomile

A T I N



WHAT IT TAKES TO MAKE A BOTTLE:



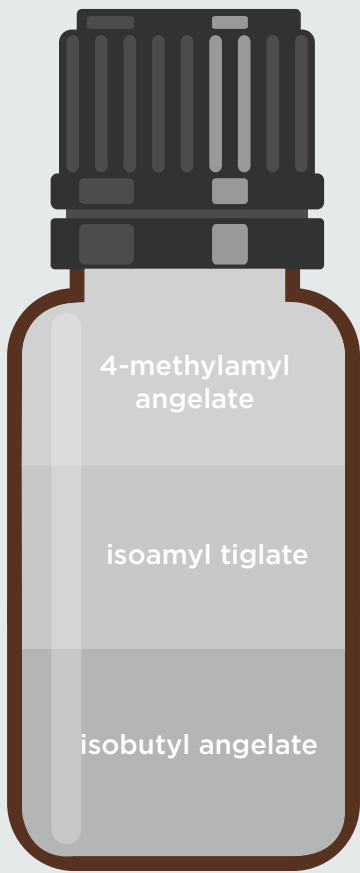
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1.1 Kg*

It takes approximately 1.1 kilograms of roman chamomile flowers to produce 5 mL of Roman Chamomile essential oil.*

CHEMISTRY:



The main chemical constituents and associated benefits of roman chamomile are:

fragrant
calming
soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

20+

Published studies
about the benefits
of Roman chamomile

Numbers according to
PubMed as of December 2017

FUN FACT

The word “chamomile” comes from the Greek word chamaimelon, which means “earth-apple” because the plant’s scent resembles that of an apple.

WORKS WELL WITH:



dōTERRA®

*Varies by season, region, year, and other variables.

In addition to the regions noted, many oils are additionally sourced from various regions of the world.