

Roman Chamomile

Anthemis nobilis 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Floral, sweet, herbaceous

Main Chemical Components: 4-methyl amyl angelate, isobutyl angelate, isoamyl tiglate

Roman Chamomile | *Anthemis nobilis* 5 mL

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Primary Benefits

- + Calms the body when used internally*
- + Soothes to the skin when applied topically
- + May help support healthy immune system function when used internally*

Description

Roman Chamomile grows close to the ground, reaching only up to a foot in height. It has gray-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 is known for its calming effect on the body when ingested.*

Uses

- + Add one to two drops to your favorite moisturizer, shampoo, or conditioner to promote youthful-looking skin and hair.
- + Mix one to two drops to herbal teas or hot drinks to soothe the body.*
- + Diffuse or apply to bottoms of feet at bedtime.

Directions

Aromatic use: Add three to four drops to diffuser of choice.

Internal use: Dilute one drop in 4 fluid ounces of liquid.

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

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.