



# Roman Chamomile

**Botanical Name:** Anthemis nobilis

**Family:** Compositae (Asteraceae)

**Safety:** Non-irritating, Non-sensitizing. Caution with hay fever

**Blending Note:** Mid

**Aroma strength:** Medium

Blends well with: Lavender, Tangerine, Orange, Clementine, Lemon, Grapefruit, Frankincense, Marjoram, Jasmine, Ylang Ylang, Neroli, Patchouli & Vetiver

**Scent Description and General uses:** A soft earthy, fruity smell which some say is like banana bread. Used to help with grounding and relaxation as well as sore muscles and fatigue.

## In-depth profile

**Extraction:** Steam Distilled

### **Chemistry: Chemical Constituents:**

**About** 85% Esters

Isoamyl angelate	19.4%
Isobutyl angelate	18.3%
2 methylbutyl 2 methylbutrate	16.8%

Plus small amounts of other esters

Alcohols Nerolidol, farnesol,

Terpenes Chamazulene

Aldehyde trace

### Approved claims and benefits from Health Canada Recommendations:

Used in aromatherapy as a nervine/calming.

Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.



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**Botanical Name:** Anthemis nobilis

## **Herbal Folk and Traditions:**

**History:** Chamomile was used in ancient times by the Egyptians, the Moors and even the Saxons for its soothing properties and for reducing fever. Used from Roman times to today as a flavouring for drinks and teas, it has been a healing asset throughout civilization.

## **Traditionally used in herbal medicine for the following issues:**

### **Uses:**

**Digestion:** colitis, gastro-enteritis, ulcers, IBS, liver problems

**Immune:** Immune booster, chronic infections, candida

**Muscles and Joints:** Inflammation, pain

**Nervous** Headaches, neuralgia, earache, toothache, insomnia

**Reproductive:** Regulates cycle and reduces menstrual pain.

**Skin:** Burns, wounds, rashes, dermatitis. Allergic conditions, broken capillaries, improves elasticity.

## **Safety and usage information:**

Do not take internally, Do not use undiluted (NEAT) on the skin, check individual safety information for any and all combinations when blending or using blended products.

Check essential oils and medications that individuals are currently using for contraindications. Keep out of reach of children. Caution with all animals. Do not use topically on cats.

Essential oil and water do not mix you must blend a dispersant with the essential oil before adding to water (including when using in baths), keep away from flame.