



ORGANIC ESSENTIAL OIL
SUSTAINABLY SOURCED
IN NORTH AMERICA

5ml | £39

Plant Part:
Flower

Extraction Method:
Steam Distillation

Aromatic Description:
Floral, sweet, herbaceous

Health Benefits

- Can have a calming effect on the skin, mind, and body
- Can soothe the systems of the body
- May help support healthy immune system function

ROMAN CHAMOMILE

Anthemis nobilis

PRODUCT 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.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil if you have sensitive skin.

EXAMPLES OF USES

- Add 1–2 drops to your favorite moisturizer, shampoo, or conditioner to promote youthful-looking skin and hair.
- Add 1–2 drops to herbal teas or hot drinks to soothe the body and mind.*
- Diffuse or apply to bottoms of feet at bedtime.