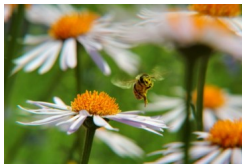


## Chamomile Roman (Anthemis nobilis), Available in: 5 ml; 10 ml glass bottle



Rating: Not Rated Yet

**Price**  
£29.99

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Description

**5ml - £29.99**

**10 ml - £59.99**



Bulgarian Chamomile Roman Oil is extensively used in cosmetics, perfumery, skincare and aromatherapy. It calms and regenerates, increases stamina, rejuvenates and has an overall toning effect. Our Organic Bulgarian Chamomile Roman Oil has exceptional anti-aging and restoring action on the skin. In massage blends, it helps alleviate aches and pains and promotes relaxation and calmness.

**More information:**

**Botanical Name:** Anthemis nobilis

**Common Name:** Chamomile Roman

**Family Name:** Asteraceae (Compositae)

**Parts used:** The flowers.

**Aroma:** middle note/sweet, fresh, fruity, herbaceous.

**Colour:** a very light blue.

**Country of origin:** Bulgaria (Eastern Europe).

**Method of Extraction:** Steam Distillation.

**Chemical Type:** Chamomile Roman may consist of 2-methylbutyl (Ester), isobutyl angelate, angelic and tiglic acids, pinocarvone and chamazulene.

**Properties:** analgetic, anti-anemic, antibiotic, antidepressant, anti-inflammatory, antiseptic, antispasmodic, bactericidal, calmative, carminative, digestive, febrifuge, hepatic, hypnotic, nerve sedative, stomachic, tonic, arthritis, boils, burns, colic, cuts, wounds, dermatitis, dyspepsia, eczema, headache, indigestion, inflammation, insect bites, insomnia, muscular pain, nausea, nervous tension, pain relief, rashes, rheumatism, sprains, toothache.

**Which conditions/system benefit from its use:**

**Skin:** Rashes, allergies, dry skin conditions; effective for eczema, psoriasis. Chamomile is a very soothing, healing essential oil. When treating abscesses, boils, and sensitive skin, Roman Chamomile is a good essential oil to use.

**Skeletal:** soothes joint inflammations, arthritis.

**Muscular:** soothes inflammations, aches and pains.

**Nervous:** stress, depression, relaxing thus reduces tension and anxiety. It is also used for headaches, insomnia, irritability, with the possibility of helping to take the edge off migraines if caught in the early stages.

**Digestive:** teeth abscesses, diarrhea, nausea, upset stomach, nervous indigestion.

**Reproductive:** premenstrual tension and fluid retention; relief period pain. This essential oil is known to help balance the feminine reproductive system, and as such may help with amenorrhea, dysmenorrhea and menopausal depression.

**Urinary:** cystitis and other urinary tract infections.

**Skincare/Cosmetic use:** calming, nourishing, anti-ageing, softening/suitable for hair care and sensitive skin.

**Perfumery:** middle note/sweet, fresh, fruity, herbaceous.

**Blends well with:** [Eucalyptus](#), Jasmine, [Geranium](#), [Grapefruit](#), [Lavender](#), [Lemon](#) and [Rose](#) essential oils.

#### Precautions

May cause reactions in some individuals-skin patch test prior to use. Possible allergin to those who are allergic to ragweed. Use with caution during pregnancy. May irritate sensitive skin.

#### But remember...

Chamomile Roman, like the German variety, is calming and effective and good all-round oil.

#### Important Note:

Any reference to a disease or condition name does not indicate treatment for this disease or condition. Essential oils are without therapeutic indications. The information provided is for educational purposes only.

#### Reviews

There are yet no reviews for this product.