

Chamomile, roman

Anthemis nobilis or *Chamaemelum nobile*

Therapeutic Properties: *Antianemic, anti-inflammatory, antineuralgic, antiparasitic, antispasmodic, calming, sedative, carminative, digestive, emmenagogue, ophthalmic, stimulant, sudorific, vulnerary*

This herb has had a medical reputation in Europe, and especially in the Mediterranean region, for over 2,000 years, and is still in widespread use. The name chamomile, in Greek chamaimelon, means "earth apple," and this describes well Roman Chamomile's earthy, yet sweet and slightly tart scent. It was employed by the ancient Egyptians and the Moors, and it was one of the Saxon's nine sacred herbs.

Roman Chamomile contains chamazulene and cuminic acid, which make it antiseptic, antibacterial, antiviral, and antifungal as well as pain relieving. Other monoterpenes such as camphene, myrcene, and pinene, plus sesquiterpenes B-caryophyllene and sabinene, increase the analgesic effects.

Roman Chamomile is very high in esters; anywhere from 50% (Price, 1993) to 85% (Lawless, 1992). These not only add to the anti-infective effect but are also antispasmodic and relaxing. Roman Chamomile is very relaxing and calming to children and adults alike.

Roman Chamomile can be used as a relaxing massage oil in labor and will work on the digestive system to treat flatulence, heartburn, nausea, and vomiting. When feeling grumpy, discontented, or impatient, Roman Chamomile is a good remedy. When children have days where they feel impatient, disagreeable, or tense, they would benefit from Roman Chamomile.

aromatherapy & home uses

Circulation, Muscles, and Joints: Arthritis, inflamed joints, muscular pain, neuralgia, rheumatism, sprains.

Digestive System: Dyspepsia, colic, indigestion, nausea.

Genito-Urinary System: Dysmenorrhea, menopausal problems, menorrhagia.

Nervous System: Headache, insomnia, nervous tension, migraine, and stress-related complaints.

Skin Care: Acne, allergies, boils, burns, cuts, chilblains, dermatitis, earache, eczema, hair care, inflammation, insect bites, rashes, sensitive skin, teething pain, toothache, wounds.

suggested usage (10 years & up)

BATH:

- 10 drops Roman Chamomile and 10 drops Lavender, vera in ½ cup of Dead Sea Salt in a warm bath will benefit those who tend to be tense and stressed.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- 10-20 drops of Roman Chamomile diffused into the air is an effective remedy for people who feel short tempered, self-involved, overly sensitive, or rarely satisfied.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- Due to its antispasmodic and calming effects, Roman Chamomile used in a massage base is helpful for those who suffer from insomnia. Add 10-20 drops to cream, lotion, or carrier oil.
- Mix 10 drops Roman Chamomile, 10 drops Lavender, fine, and 1ounce Sesame Seed oil. Apply to eczema or other rashes as both Roman Chamomile and Lavender, fine are anti-inflammatory.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- May cause contact dermatitis in those sensitive to chamomile pollen.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Due to the amount of the ketone pinocarvone, avoid with those who have a history of miscarriage or an unstable pregnancy.

attributes

Wildcrafted

Producing Organ: *Flowering Plant*

Extraction: *Steam Distillation*

Country of Origin: *France*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed

Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed

Due to the amount of the ketone pinocarvone, avoid with those who have a history of miscarriage or an unstable pregnancy.

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

5ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.