

Essential Oil of Chamomile - Roman, English

by Penny Keay

Chamomile - Roman, English

Chamaemelum nobile or Anthemis nobilis



Country of Origin - Britain, France, USA Italy, throughout Europe including Hungary and Bulgaria

Processed - Steam distilled

Part used - Flowers and stems

Smell - Sweet fruity almost apple-like, fresh and lightly herbal

Color - a light pale blue to slightly blue green tinged liquid

Note - Mid note



PROPERTIES & USES:

Therapeutic:

analgesic, antibacterial, antidepressant, antifungal, anti-inflammatory, antiseptic, astringent, carminative, digestive, anti-spasmodic, cicatrizing, calmative, sedative, tonic, vulnerary.

Inhalation:

allergies, asthma, bronchitis, candida, depression, fever, headache, infection, insomnia, rheumatism, anger, anxiety, depression, nervousness,

External/skin applications:

arthritis, (insect) bites, burns in particular sunburns, cuts, dandruff, dizziness, blemishes, skin eruptions, eczema, psoriasis, rashes, headache, infection, inflammation, rheumatism, stings, wounds.

Industry & Household uses:

Teas, cosmetics, detergents, perfumes, soaps, soft drinks, hair care products.

[Roman Chamomile](#) has so many uses and blends well with a lot of oils.

BLENDS with:

Bergamot, cedarwood, German Chamomile (*Matricaria recutita*), all citrus, clary, cypress, fennel, frankincense, geranium, jasmine, juniper berry, helichrysum, lavender, sweet marjoram, melissa, neroli, nutmeg, patchouli, palmarosa, ravintsara, rose, rosemary, sandalwood, spikenard, valerian, vetiver

CAUTIONS:

No known hazards or contraindications. *Keep all essential oils out of reach of children.*

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BLEND TO TRY

Cool compress to help give Relief from Itching and Inflammation due to skin rashes such as eczema, bug bites and more

Roman Chamomile - 2 drops

Geranium - 1 drop

Lemon - 1 drop

Add these to 8 oz of cool water in a small glass or stainless steel basin/bowl.

Use a soft cloth - just large enough to cover the affected area. Wet the cloth, squeeze excess water out and apply to the area.

To keep the water cool add an ice cube or two. Re-soak the cloth as needed to keep the area cool.

Apply for 20 minutes every 2-3 hours if needed.

FOR Your next MASSAGE

Orange - 4 drops

Anise - 3 drops

Cedarwood - 3 drops

Neroli - 3 drops

Roman Chamomile - 2 drops

15 ml of carrier oil for a relaxing massage.

Blend all in a bottle and enjoy your next massage.

Diffuse prior to bedtime



4 drops Chamomile and 2 drops lavender.

Do this before bed as this is a relaxing blend!

This blend will work for small children that are a bit restless prior to bedtime.

All the products listed in the article are available at our Shopping Site. <https://www.birchhillhappenings.net>

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