

QUICK REFERENCE SHEET

CHAMOMILE ROMAN

Chamaemelum nobile



Plant Family:
Compositae



Extraction Method:
Steam Distilled



Part Utilized:
Flowers



**Region of
Origin:**
England

AFFINITY FOR:

reproductive system, nervous system, digestive system, spleen meridian, bladder meridian, yin energy, throat chakra

THERAPEUTIC PROPERTIES:

calmative, analgesic, antibiotic, febrifuge, anti-inflammatory, immune stimulant

AROMATIC CONSIDERATIONS:

The aroma of Chamomile Roman, in my opinion, is the most relaxing scent in the entire essential oil world. Chamomile Roman is powerfully soothing. The soothing action of this oil applies to both physical and emotional conditions alike. Diffused, this oil creates an atmosphere of peace and patience.

APPLICATION:

Chamomile Roman can be applied to the base of the neck, on the temples, and over the liver. It can be added to shampoo or conditioner to cover gray in lighter hair colors.

INGREDIENT IN:

LeAssurance, LeBaby Me, LeEZ Traveler, LeDiminish, LeFortitude, LeIntensity, LeJulia, LeRefreshMint, LeRevitalize, LeSweet Relief, LeVision, LeWhispering Hope

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Chamomile Roman smooths the flow of the chi energy throughout the body. It is this regulation of vital energy that makes Chamomile Roman so powerfully soothing to both physical and emotional conditions. In fact, so powerfully does this oil unravel the negative emotions behind physical ailments, that it is sometimes hard to tell if it is working at an emotional or a physical level. Chamomile Roman is of great benefit in the treatment of chronic headaches, insomnia, nervous indigestion and nausea, and irritable bowel syndrome—to name just a few.

The smoothing out of the vital energy prevents the build-up of energetic heat, which manifests in the body as inflammation. This Chamomile is particularly beneficial for alleviating neuritis, cystitis, rheumatoid arthritis, and earache.

One of the outstanding uses of Chamomile Roman essential oil is for babies with colic, babies who startle awake and then cry for a long time, and infants that are just plain fussy and want to be held and comforted most of the day and night.

PHYSICAL ASPECTS:

This variety of Chamomile, though containing less deep blue azulene, has anti-inflammatory properties. It is of benefit when applied to aching muscles and joints. Because it is so mild and soothing, Chamomile Roman is wonderful in the tub or used in a compress. This oil is very soothing for menstrual cramps, nausea, PMS, tension, and nerves.

Chamomile Roman cleanses the blood and reduces allergic reactions. Allergy sufferers can find a great deal of relief by carrying an inhaler or just a few drops of this oil on a tissue or cotton ball. Chamomile Roman is an antihistamine and soothing to inflamed tissues.

GENERAL INFORMATION:

The plant from which Chamomile Roman is distilled is very tender and delicate. It must be harvested at precisely the right moment in its growth cycle. To accomplish this, growers concerned with quality do a test distillation every few days as the plant matures. They have the distillation analyzed using gas chromatography. This ensures the therapeutic quality of the essential oil.