

CHAMOMILE (Roman)

Chamaemelum nobile

A calming restorative

Source:	France
Extraction:	Steam distillation of flower heads.
Blending Factor:	1
Odour Note:	Middle

Characteristics:

A pale blue liquid turning yellow as it ages. Chamomile has a sweet, fruity, warm and herbaceous fragrance with some tea-leaf characteristics.

Safety Precautions:

Avoid during early months of pregnancy. It is considered non-toxic, non-sensitising, non-irritating and non-sensitising. Allergies have been reported on rare occasions and skin tests should be conducted before using. Especially if you have very sensitive skin and have a history of being allergic.

History:

Chamomile is native to Western Europe and the Mediterranean countries. Now cultivated widely in central Europe and England, it can be found growing wild by the roadside in wastelands and pastures throughout Europe.

Since ancient times the flowers of the Chamomile herb have been used externally for irritations of the skin and mucous membrane and internally for digestive or nervous disorders. The therapeutic properties of Chamomile have been known for centuries and it was one of the nine herbs held in sacred esteem by the Saxons.

Therapeutic Actions:

Analgesic, anti-inflammatory, carminative, cicatrisant, sedative, sudorific, vulnerary.

Enhances:

Healing, emotional balance, stability, peace, spirituality.

Reduces:

Stress, nervousness, depression, insomnia, impatience

Uses:

Nervous System: Headaches, migraine, insomnia, depression

Muscular-skeletal: Arthritis, backache, cramps, spasms

Integumentary system: Acne, dermatitis, eczema

Genito-Urinary: Menopause, period scanty, PMT

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Bergamot, Clary Sage, Geranium, Jasmine, Lavender, Lemon, Sweet Marjoram, Neroli, Orange, Palmarosa, Patchouli, Rose, Rosewood, Sandalwood and Ylang Ylang.

Backache		Relaxing Bath		Menopause Blend or bath	
Chamomile Roman	2	Chamomile Roman	2	Chamomile Roman	2
Lavender	6	Geranium	3	Clary Sage	4
Marjoram Sweet	2	Sandalwood	5	Cypress	4
Total drops	10	Total drops	10	Total drops	10
Carrier oil	20 ml	Dispersant	5 ml	Carrier Oil	20 ml
				Or Dispersant	5 ml