



Chamomile Essential Oil

Chamomile Roman Essential Oil, also known as *Chamaemelum nobile*, has a rich history of use in traditional herbal medicine. Native to southern and western Europe, this oil is steam-distilled from the daisy-like flowers of the low-growing Roman Chamomile plant, which reaches up to 30 cm in height. Its sweet, apple-like fragrance, combined with straw-like notes, makes it one of the most beloved and finest-smelling chamomile varieties, preferred for its versatility in blending with other essential oils.

Historically, Roman Chamomile was revered by ancient civilizations. The Egyptians dedicated it to their Sun God, Ra, and used it in skincare treatments and for preserving Pharaohs. The Romans embraced its many uses, incorporating Chamomile in medicines, beverages, and incense. Today, the oil's soothing nature and rich antioxidant activity make it a valued ingredient in modern skin care, hair care, and aromatherapy.

Botanical Name: *Anthemis nobilis*

Plant Part: Flower

Main Constituents: Isobutyl angelate: 30 - 45%

Origin: France

Processing Method: Steam Distillation

Color/Consistency: A thin, colorless to pale yellow-green transparent liquid.

Aromatic Summary / Note / Strength of Aroma: Sometimes referred to as 'Sweet Chamomile', Roman Chamomile of France is less sweet, assuming a strength in scent that is not overpowering. It is herbaceous and fruity, with notes reminiscent of Green Apple peel. Chamomile Roman's crisp scent works very well as a middle note.

Blends Well With: Bergamot, Clary Sage, Lavender, Geranium, Jasmine, Neroli, Patchouli, Tea Tree, Rose, Lemon, and Ylang-ylang.

BENEFITS

Soothing Skin Ingredient: Chamomile Roman Essential Oil from France is cherished for its calming, gentle effects on sensitive skin. When diluted with a carrier oil, it can soothe irritation and redness, making it a perfect addition to formulations designed for sensitive skin.

Natural Hair Nourishment: Incorporating Chamomile Roman Oil into your hair care routine can enhance shine and support scalp health. Its nourishing properties help to revitalize hair, leaving it softer and more radiant.

Relaxing Aromatherapy: Widely used in aromatherapy, Chamomile Roman Essential Oil promotes relaxation and emotional balance. Its sweet, apple-like aroma, with straw-like undertones, is believed to create a peaceful atmosphere.

DIRECTIONS AND USES

- **Gentle Skin Care Ingredient:** When incorporated into facial serums, creams, or balms, Chamomile Roman Oil offers gentle hydration and comfort, making it ideal for sensitive and reactive skin types. A dilution rate of 0.5% to 2% is recommended in skin care products.
- **Hair and Scalp Nourishment:** Blend Chamomile Roman Oil into hair care formulations such as conditioners, leave-ins, and scalp treatments, at 1% to 3% to promote naturally shiny and more manageable hair.
- **Soothing Aromatherapy:** Add 3% to 5% of Chamomile Roman Essential Oil of France to diffusers, massage blends, or bath oils to create a tranquil atmosphere that promotes relaxation. This sweet, apple-like aroma is perfect for unwinding or enhancing emotional well-being.
- **Versatile Wellness Formulations:** For massage oils, balms, and lotions, blend this variety of Chamomile Oil at 1% to 3% to support relaxation and muscle recovery, especially in post-workout or tension-relieving applications.

Size & Price: Contact Us