

## 10 ml Chamomile Roman (D) Essential Oil



**Brand:** Ancient Wisdom

**Product Code:** EO-18

**Availability:** In Stock

**Weight:** 0.04kg

**Price:** £3.75

### Description

Latin Name : Anthemis Nobilis. Part Of Plant Used : Flowers Source : England. Extraction Method : Steam Distillation. 5% Dilution in Grapeseed Oil Roman chamomile yields an essential oil that is light blue when fresh. It can be extracted from the flower and the upper parts of the plant. It has excellent calming properties, and is said to ease irritation, impatience and help PMS and other menstrual and menopausal problems. Roman chamomile is an evergreen with a fresh apple smell, and is mainly grown in France, Belgium, and Eastern Europe. This herb is excellent for skin problems like acne, eczema, rashes, wounds, dermatitis, dry/itchy skin and any allergies. It is said to be good for abdominal pain, gall bladder problems, and throat infections, and helps relieve allergies, hay fever, and asthma. This oil is useful in diluted solutions to calm children suffering from colic, irritability, diarrhoea, and teething. In a vaporiser, it calms headaches, nervous complaints, and migraines. While this oil is gentle enough for use with children and babies, always consult an expert before administering it. The medicinal use of chamomile dates back thousands of years to the ancient Egyptians, Romans, and Greeks. The Egyptians dedicated it to the sun god. A papyrus document dating to 2800 BC records the use of chamomile to treat skin disorders. Chamomile oil was used to embalm bodies. Hippocrates, the great Greek physician, is said to have used chamomile as a herbal remedy. In mythology, chamomile is one of the nine sacred herbs given by Wodan, the god of the underworld, to mortals to improve their lives.