



Is there anything more soothing than the calming scent of Chamomile? The allure of Chamomile Roman Essential Oil transcends just its fragrance—its therapeutic benefits are quite profound. Used since ancient times, this essential oil offers a wide array of healing properties that can be integral for physical and emotional well-being.

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# Chamomile Roman Essential Oil

## Product Details

Chamomile Roman Essential Oil, scientifically known as *Anthemis nobilis*, is derived from the blossoms of the Chamomile plant, predominantly grown in England. The plant is known as Garden Chamomile, Sweet Chamomile, True Chamomile, and Bath Chamomile. The essential oil is extracted through a steam distillation process, ensuring its pure and potent form for use in aromatherapy.

- **Farming Method:** Conventional
- **Application Methods:** Diffusion, Inhalation, Topical
- **Sizes Available:** 3ml, 10ml, 60ml, 240ml, 1 Liter, 1 Kilogram



## Overview

Chamomile Roman Essential Oil is distinct in its aroma and properties compared to its German counterpart. While German Chamomile has a bluish tint, Roman Chamomile features a clearer appearance. Its scent is sweet and gentle, describing the aroma perfectly as it echoes the tender embrace of a warm setting sun.

## Aroma and Constituents

The aroma of Chamomile Roman Essential Oil is light, floral, and fruity. Its main chemical constituents are isobutyl angelate and isoamyl angelate, which contribute to its calming effects. This delicate fragrance is not only pleasing but contributes to its renowned therapeutic properties, making it a must-have in natural medicine cabinets.

## Therapeutic Benefits

Chamomile Roman Essential Oil is cherished for its multitude of therapeutic benefits, making it versatile in addressing various conditions. It holds powerful antispasmodic, pain-relieving, and nerve-sedative properties.

See also [Hyssop Cineol 1.8 Essential Oil by Amrita](#)

## Antispasmodic and Pain Relief

This oil is exceptional for its ability to calm muscle spasms and provide relief from pain. Whether it's menstrual cramps, muscle aches, or the discomforts associated with arthritis and neuralgia, Chamomile Roman acts swiftly and effectively. It is often touted as nature's remedy equivalent to conventional muscle relaxants.

## Emotional Wellbeing

Renowned for its calming properties, Chamomile Roman Essential Oil is widely used in aromatherapy to alleviate anxiety, reduce anger and frustration, and ease symptoms of depression and stress. This makes it a powerful tool for those struggling with emotional distress and looking for natural relief.

## Skin and Respiratory Health

For skin ailments such as eczema, psoriasis, and minor irritations, Chamomile Roman can provide soothing relief and rejuvenation. Additionally, it provides relief from respiratory troubles such as hay fever and asthma, enhancing breathing and comfort.



## Child-Friendly Uses

The mild nature of this oil makes it safe for children, with proper dilution. It can alleviate symptoms of colic in babies and aid in soothing teething discomforts, offering much-needed calm to both children and parents.

## How to Use

To effectively use Chamomile Roman Essential Oil, a few methods are prevalent, each serving particular needs.

## Topical Application

Chamomile Roman Essential Oil can be applied topically after diluting with a carrier oil such as Jojoba or Hazelnut. A dilution of 5-10% (25-50 drops per tablespoon of carrier oil) is appropriate. This approach is suitable for addressing musculoskeletal pain, skin conditions, and specific issues in children, like teething and colic.

## Diffusion and Inhalation

Adding a few drops to a nebulizer or nasal inhaler can significantly help with nervous and respiratory system concerns. Through diffusion, it can mitigate anxiety, reduce irritability, and improve air quality for better breathing.

## Additional Uses

1. **Bath Soak:** Adding a few drops to bathwater can help decouple stress and muscle tension.
2. **Facial Steam:** A drop in steaming water can open airways and help clear the skin.
3. **Massage Oil:** Mixed with a carrier oil, it's perfect for a relaxing massage.
4. **Pillow Mist:** Spritzing a diluted mixture on linens can encourage restful sleep.
5. **Skin Rinse:** A blend in water can be used to cleanse and soothe irritated skin.
6. **Compress:** Warm or cold compresses with a few drops can offer targeted pain relief.
7. **Hydrosol Mist:** Useful for skin refreshment and hydration.
8. **Hair Rinse:** A few drops in a rinse can soothe the scalp and add shine.

See also [Tangerine Essential Oil](#) by Rocky Mountain Oils

## Blending and Safety Precautions

Chamomile Roman blends well with essential oils like Lavender, Geranium, and Ylang Ylang to enhance its calming and fragrant properties. However, while it is mild and generally safe even for pregnancy and children, precautions are essential.



## Safety Measures

1. Conduct a patch test on sensitive skin.
2. Use with caution or consult an expert if pregnant, nursing, or suffering from major health conditions.
3. Essential oils are potent; always keep them out of reach of children and pets.

## Chamomile Roman's Legacy

The long-standing use of Chamomile dates back to ancient Egyptian, Greek, and Roman times, with the Egyptians dedicating it to their sun god, Ra. Its folktale and beneficial uses have persisted, leading to thriving growth even in royal places like Buckingham Palace.

In conclusion, embracing the therapeutic benefits of Chamomile Roman Essential Oil is a journey to harmonious wellbeing. From calming the mind to treating physical discomforts, its gentle nature and profound effects make it an essential companion for everyday health and peace of mind.

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