

Camomile Roman

(*Anthemis nobilis*) Botanical Family: *Asteraceae*

Plant growing to half a metre high, with strong stems, feathery leaves and small white flowers with yellow centres.

Plant Part used: flowers

Method of Extraction: steam distillation

Countries of Production: England, Bulgaria, Hungary, Chile

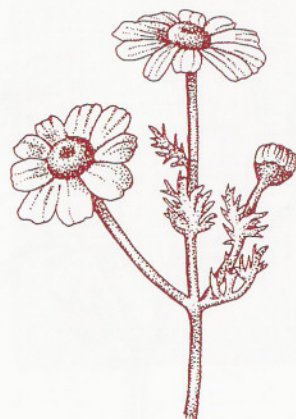
Fragrance: fruity, sweet, fresh, herby

Note: top to middle

Main Chemical Components:

α -pinene, butylangelate, 1,8-cineol, sabinene, β -pinene

General Effect: relaxing, balancing



Indicated for:

The Face

acne
blemishes
broken capillaries
combination skin
congested skin
dry skin
infections
inflammation
normal skin
oily skin
rashes
sensitive skin

The Body

aches
anxiety
calming
insomnia
itching
nervous conditions
pre-menstrual tension
psoriasis
relaxing
skin revitalisation
soreness
stiffness
stress
tension

Body Blending Guide:

Bergamot, clary sage, geranium, grapefruit, jasmine, lavender, lemon, mandarin, neroli, orange, palmarosa, rose otto

Contra-indications:

None known

Purchasing Guide:

Price Range: high