

Roman Chamomile Essential Oil Profile



Botanical Name: *Chamaemelum nobile* (formerly *Anthemis nobilis*)

Common Names: Roman Chamomile, English Chamomile, Garden Chamomile, Ground Apple

Plant Family: Asteraceae (Compositae)

Countries of Origin: United Kingdom, France, Belgium, Germany, Italy, Hungary, Argentina, Egypt, USA

Extraction Method: Steam distillation

Parts Used: Flowers

Essential Oil Smell: Sweet, fruity, and herbaceous with a hint of apple

Essential Oil Color: Light blue to clear, becoming yellow as it ages

Viscosity: Thin

Perfumery Note: Middle

Strength of Aroma: Medium

Blends Well With

Lavender (*Lavandula angustifolia*)

Geranium (*Pelargonium graveolens*)

Clary Sage (*Salvia sclarea*)

Rose (*Rosa damascena*)

Bergamot (*Citrus bergamia*)

Jasmine (*Jasminum grandiflorum*)

Ylang-Ylang (*Cananga odorata*)

Therapeutic Properties

Anti-inflammatory
Antispasmodic
Sedative
Analgesic
Antibacterial
Antidepressant
Antifungal
Carminative
Digestive aid
Cicatrizant

Uses

Aromatherapy: to reduce anxiety, stress, and insomnia; promote relaxation

Skincare: to soothe irritated skin, eczema, rashes, and other skin conditions

Haircare: to alleviate scalp conditions and promote healthy hair

Massage: to relieve muscle spasms, tension, and pain

Bath: as a calming and soothing bath oil

Digestive aid: in diluted form, to help with indigestion and bloating

Contraindications

- Avoid during the first trimester of pregnancy.
- Not recommended for individuals with allergies to plants in the Asteraceae family.
- Perform a patch test before use to check for skin sensitivity.

Side Effects

- Potential skin irritation or allergic reaction in sensitive individuals.
- Should be used in moderate amounts to avoid sensitization.

Types

- Pure Roman Chamomile Essential Oil
- Blended Roman Chamomile Essential Oil (often mixed with carrier oils for dilution)

Chemical Constituents

- Isobutyl angelate (15-25%): Contributes to the fruity and herbaceous scent.
- Isoamyl angelate (10-20%): Adds to the characteristic aroma.

- 4-Methylamyl angelate (8-15%): Provides a sweet, apple-like note.
- Chamazulene (1-3%): Gives the oil its initial blue color and has anti-inflammatory properties.
- Alpha-pinene (1-5%): Offers anti-inflammatory and bronchodilator effects.
- Beta-farnesene (1-3%): Contributes to calming properties.
- Cineole (1-3%): Provides antimicrobial and decongestant benefits.

Roman Chamomile essential oil is a versatile and gentle oil known for its calming and soothing effects. It is widely used in aromatherapy, skincare, and personal care products, valued for its ability to promote relaxation and alleviate various skin and digestive issues.



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