



Essential oil of Roman Chamomile has multiple healing properties and a low toxicity that make it particularly suitable for use on children. It contains the powerful anti-inflammatory substance, azulene, which can relieve a wide variety of skin complaints.

Properties, effects and methods of use:

Emotional

Calming and relaxing: relieves anxiety, stress depression, hysteria, irritability and neuralgia; helpful in overcoming headaches and insomnia; soothing for children's tantrums. Used in inhalations, vaporisers, baths application or massage.

Skin

Soothing and antiseptic; good for sensitive and dry skins; helps to clear acne, eczema, nappy rash, burns and minor wounds; reduces inflammation. Used in masks, compresses, application or massage.

Digestive

Antispasmodic and anti-inflammatory; soothes diarrhoea, constipation, indigestion flatulence and colic; restores appetite. Used in compresses, baths, application or massage.

Muscular

Calming and mild analgesia; soothes muscular aches and cramps due to physical exertion; relieves inflammation and pain in rheumatism and arthritis. Used in compresses, baths, application or massage.

Gynaecological

Soothing and antispasmodic; helps painful, heavy or irregular menstruation; relieves pre-menstrual syndrome and menopausal symptoms. Used in compresses, baths or application.

Oils should be diluted before use.