

## SCIENTIFIC NAME

*Chamaemelum nobile*

## PRODUCT SUMMARY

Roman Chamomile (*Chamaemelum nobile*) has a sweet, herbaceous aroma with notes of bright apple. Its warmth and gentleness can help create a relaxing and calming atmosphere that can make a wonderful addition to children's nurseries or play areas. Soothing to all types of skin, it's often used in skin and hair products and even perfumes. Roman Chamomile is a key ingredient in many of Young Living's most popular blends, including Awaken™, Forgiveness™, and Joy™.

## KEY INGREDIENTS

Roman Chamomile

## EXPERIENCE

Roman Chamomile has a warm, sweet, herbaceous scent that can inspire feelings of relaxation and calm and enhance your favorite skin and hair products.

## PRODUCT BACKGROUND

Chamomile has been used as an herbal remedy since ancient times. The word "chamomile" is derived from the Greek words "khamai," meaning on the ground, and "melon," meaning apple—likely because of its distinct fruity aroma. Roman Chamomile is a low-growing plant with parsley-like leaves and daisy-like flowers. The flowers are steam distilled to create Roman Chamomile essential oil.

## FEATURES & BENEFITS

- Has a comforting, warm aroma for the mind and body
- Helps freshen the air when diffused and improves the appearance of skin when applied topically
- Offers a peaceful environment for yoga and meditation
- Great to add to your massage routine to create a relaxing environment



## DIRECTIONS

**Topical:** Apply 2–4 drops directly to desired area. Dilution not required, except for the most sensitive skin. Use as needed.

**Aromatic:** Diffuse up to 1 hour 3 times daily.

## SUGGESTED USE

- Diffuse this oil to freshen the air, especially in rooms where children play or study.
- Apply to the bottoms of feet before bed as part of your family's evening routine.
- Combine with Citrus Fresh™ for a bright, invigorating scent that's perfect for mornings.
- Dilute with V-6™ Vegetable Oil Complex for a calming back massage before naps or bed.
- Add 4–5 drops to 1 cup Epsom salt for a calming bath at the start of the day or as part of an evening routine.
- Add to Young Living's Bath & Shower Gel Base for a cleanser your entire family will love.

# ROMAN CHAMOMILE



## CAUTIONS

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

## FREQUENTLY ASKED QUESTIONS

### Q. Can Roman Chamomile be ingested?

A. Roman Chamomile is labeled for topical and aromatic use, and it is not intended for dietary use. Always be sure to follow individual label instructions for Young Living products.

### Q. What is the aroma of Roman Chamomile?

A. Roman Chamomile has a warm, relaxing fragrance that creates a comforting and peaceful atmosphere. The sweet, herbaceous scent of Roman Chamomile is great for your evening routine or any time you need a relaxing environment.

## COMPLEMENTARY PRODUCTS

German Chamomile  
Essential Oil  
Item No. 3086



Lavender  
Essential Oil  
Item No. 3575



Peace & Calming®  
Essential Oil Blend  
Item No. 3398



Valor® Essential  
Oil Blend  
Item No. 3430

