



Chamomile (roman)

Latin names: Anthemis nobilis, Chamaemelum nobile, Ormenis nobile

French names: Camomille romaine, Camomille noble, Anthémis noble, Orménis noble, Herbe de Lion

Extracted from: flowering aerial parts (France)

You fancy sweet smells but not stress?

Rubbing a few drops of Chamomile on the heart calms and soothes.

Crisis, whims and tantrums in the air?

Diffuse roman chamomile in combination with Tangerine.

Stop whining and relax!

The plant, its legends and its botany

Roman chamomile resembles a flower, drawn by a child. A few thin leaves along the branch, a long petiole and a small yellow ball dressed in white petals.

For centuries now, it has been cultivated for its essential oil, which was selected among many others for its smell and yield. And here lies the surprise: not only is Chamomile a bouquet of smell, but it is also a bouquet of petals ! More precisely of ligules, but we need a botany lesson to understand.

Roman chamomile (which does not come from Rome at all) is an asteracea. This botanical family used to be named "composed". Indeed, each flower (capitule) is composed of many little flowers (florets). Around these little florets is what looks like petals.

As they don't close up the flower, but are displayed around a capitule, they are called ligules.

So when you look at a field full of chamomile, with all their white ligules, you could tell it has just snowed!

Beautiful.

Just like life if wonderful.

And chamomile.

But if you feel that life is useless, that you can't forgive (especially yourself), that the future looks dark and dull... Then you seriously need Chamomile.

Add a few drops of Lime and Galanga and puff, there comes your inner child back!

Energetic properties

Calms anger.
Eases frustration.
Diminishes excitement.
Makes people less grumpy.
Calms whims and tantrums.
Reduces the need to control everything.
Makes pessimistic people more optimistic.

Chakras

3rd chakra
4th chakra

Doshas

Diminishes Vata's activity.
Recentres Pitta and its memorable tantrums.
Makes Kapha rounder and increases its feeling of sweetness.

Elements

Ether

Standard chemotype

Esters (isobutyl Angelats from 25 to 40% plus other Angelats, 2-methylbutyrate 2-methylbutyl butyrate and other 0.5 to 30%, various traces Tiglath 5%)
Monoterpenes (alpha-pinene 1-3%, 0.1-0.5% limonene, camphene 0.1-0.5%)
Monoterpenones (pinocarvone pinocamphone and cis-2-3%)
Monoterpenols (trans-pinocarvéol 2-5%)
Lenes, C14 (traces of chamazulene up to 0.5%)
Sesquiterpene lactones (3-deshydronobiline traces to 0.5%)

Batch chromatography

Batch, CMARB195022 (PDF, 401 Ko, French)

Contraindications and limitations of use

No contraindications within physiological dosage.
Keep out of reach of children.
Children and pregnant women: no contraindications within physiological dosage.



The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.
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