

Essential oils at a glance – Chamomile Roman

Dr Gillian Hale

Oil of the month – Chamomile Roman

Name of oil:	Chamomile Roman	Latin name:	<i>Chamaemelum nobile</i>
Description of plant:	A low-growing trailing perennial with finely divided leaves which give the plant a soft feathery appearance. White daisy-like flowers are borne on solitary stems. The plant is native to southern and Western Europe and is cultivated mainly in Belgium, Britain France, Hungary, Italy and the USA	Nature of oil:	A pale yellow liquid. The aroma is sweet and dry with an apple-like tinge. The odour effect is warming and calming
Method of oil extraction:	Steam distillation of the flower heads	Blends well with:	Citrus essences, clary sage, lavender, geranium, jasmine, neroli, rose, ylang ylang. The oil is strongly smelling so use sparingly
Specific precautions required:	The oil may irritate sensitive skin; avoid during pregnancy. Use in low concentration if applied to the skin		
Aromatherapeutic properties:	Skin care (most skin-types), acne, allergies, burns, eczema, inflamed skin conditions, earache, wounds, menstrual pain, premenstrual tension, headache, insomnia, nervous tension and other stress-related disorders		

Information from: Wildwood C. *Aromatherapy*. Bloomsbury Publishing Plc, 1996.

For more information on essential oils and, specifically, their role in stress management, visit:

<http://www.aromatherapy-stress-relief.com/stressatwork.html>

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