

# ROMAN CHAMOMILE

## CHAMAEMELUM NOBILE

Country of Origin: France

Steam Distilled from flowering plant

Roman Chamomile (*Chamaemelum nobile*) is a steam-distilled oil drawn from the flowering plant, valued for its soft, apple-like aroma and its strong affinity for the nervous system, digestion, and inflammatory response. Naturally high in esters, it carries a deeply calming, antispasmodic character that is known for easing tension, soothing irritation, and helping the body settle into a more relaxed, balanced state.

Its aroma is gentle, slightly sweet, and herbaceous with a subtle fruity note that feels comforting rather than sedating. It is often used when the system is overstimulated, emotionally reactive, or physically tense, particularly in cases of irritability, restlessness, or digestive discomfort.

In both aromatic and traditional use, Roman chamomile has been regarded as a calming and regulating oil, supporting emotional ease, digestive comfort, and overall nervous system balance. It works by softening intensity, reducing reactivity, and helping the system return to a more steady, relaxed rhythm.

## FUNCTIONAL CONSTITUENTS

**Isobutyl Angelate (Esters)** A key ester group in Roman chamomile responsible for its sweet, apple-like aroma. These esters are strongly associated with calming the nervous system, reducing spasms, and promoting deep relaxation without heaviness.

**Alpha-Pinene** A monoterpene that adds a light, fresh lift to the oil. It is known for supporting respiratory function and contributing mild anti-inflammatory and antimicrobial properties.

**Nerolidol** A sesquiterpene alcohol that contributes to the oil's soothing and skin-supportive qualities. It is associated with calming irritation and supporting overall tissue comfort and recovery.

**Clinical Studies:** <https://pmc.ncbi.nlm.nih.gov/articles/PMC9611340/>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10135202/>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9822300/>



## HOW WE SOURCE

Roman chamomile oil is shaped by the quality of the flowering tops and the care taken to preserve its delicate ester content. We look for *Chamaemelum nobile* cultivated in temperate regions, particularly France, where climate and soil conditions support a high ester profile and a softer, more balanced aroma.

The flowering tops are harvested at peak bloom, then steam distilled to capture their volatile constituents. Because Roman chamomile is highly valued for its calming properties, careful timing, low-temperature distillation, and proper storage are essential to prevent ester degradation. We look for oil that is soft, sweet, and gently herbaceous with a smooth, apple-like note, never sharp, flat, or lacking depth.

## OUR ROMAN CHAMOMILE IS:

- ✓ Steam distilled from flowering tops
- ✓ Unrefined and not standardized
- ✓ Naturally high in esters
- ✓ Sourced from France for superior quality
- ✓ Soft, sweet, and gently apple-like

We look for oil that carries a smooth, calming profile with a delicate herbal sweetness, an indicator of proper harvest timing and preserved ester content. Sharp, flat, or overly dry oil signals poor handling or degraded quality, and we avoid it.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Steam distilled\*
- Soft, sweet aroma\*
- Light apple-like note\*
- Smooth, well-rounded profile\*
- Stored in dark glass\*

### Avoid:

- Solvent extracted\*
- Sharp or bitter scent\*
- Flat or lifeless aroma\*
- Oxidized or degraded oil\*
- Clear or plastic packaging\*

## HOW TO USE ROMAN CHAMOMILE

Roman chamomile is commonly used when the goal is calming the nervous system, easing irritation, and supporting a more relaxed, balanced state. It fits easily into aromatic, topical, and bath routines.

### Aromatic

Diffuse 3–5 drops or inhale directly. Often used to reduce irritability, ease tension, and promote a calm, settled environment.\*

### Topical

Dilute with a carrier oil and apply to abdomen, neck, or areas of discomfort. Commonly used to ease spasms, support digestion, and reduce tension.\*

### Bath

Add to bath salts before dispersing in warm water. Often used to relax the body, soothe irritation, and support deeper rest.\*

### Topical (Skin Support)

Apply diluted to sensitive or reactive skin. Commonly used to calm redness, irritation, and support overall skin comfort.\*

## WHAT IT SUPPORTS

Roman chamomile is traditionally used when the goal is calming reactivity, easing tension, and restoring a more comfortable, balanced state. It supports:

- Emotional calm and reduced irritability\*
- Nervous system relaxation and stress response\*
- Relief of spasms and muscular tension\*
- Digestive comfort and reduction of cramping\*
- Soothing of sensitive or irritated skin\*

Used consistently, it helps the system feel more settled, comfortable, and at ease, supporting calm, balance, and a smoother overall response.

## ROMAN CHAMOMILE IN THE STILLROOM

Roman chamomile has long been kept in the stillroom as a soothing, settling oil—used when the system is overstimulated, reactive, or unable to relax. Distilled from the flowering tops of *Chamaemelum nobile*, it is closely associated with calming emotional tension, easing physical discomfort, and helping the body shift out of a heightened state.

It is often reached for during irritability, restlessness, or when the body is holding tension in the digestive system or muscles. This is not a heavy sedative oil. It works with softness, helping reduce reactivity, ease spasms, and bring the system back into a more comfortable, balanced rhythm. Used in small amounts, it supports a deeper sense of calm without dulling awareness or responsiveness.

## MORE WAYS TO USE ROMAN CHAMOMILE

### Evening Calm Ritual

Diffuse before bed. Commonly used to ease the transition into rest without heaviness.\*

### Child-Friendly Comfort Blend

Dilute and apply to feet or abdomen. Often used to soothe irritability and support relaxation.\*

### After-Sun Skin Relief

Blend with a carrier and apply to warm or irritated skin. Commonly used to calm redness and discomfort.\*

### Tension Release Compress

Add 1–2 drops to warm water and apply with a cloth. Often used to relax tight areas and ease discomfort.\*

### Emotional Reset Inhalation

Inhale from palms during moments of overwhelm. Commonly used to reduce reactivity and restore a calmer state.\*

## CAUTIONS

- Safety Group 1: Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

