Roman Chamomile
Chamaemelum nobile

Properties

Body

- Anti inflammatory+++
- Antispasmodic, relaxing, sedative+++
- Antalgic, analgesic+++
- Anti allergic++

Mind

- Rescue

Chakra: Solar plexus

Odour:
penetrating with hints of honey or apple, floral
(HEART NOTE)

Chemistry (main)
Esters 75-80%
Monoterpenols 5%
Ketones 3-10%

USAGE

Digestive system: teething, toothache, intestinal parasites

Nervous system: Nervousness, anxiety, phobia, hypersensitivity, anger, emotional shock, spasmophilia, stress, burnout, sleep disorder

Skin system: skin issues: eczema, hives, psoriasis, acne, dermatisis
COSMETIC: sensitive and irritated skin

Muscular system: neuralgia, neuritis, sciatica, muscle and join pain, rheumatism

Routes

- 3 MONTHS