
TOP 10 USES FOR ROMAN CHAMOMILE OIL

- 1. Respiratory Support:** Apply 1-2 drops of Roman Chamomile to sternum, temples, wrists and back to relax and open airways. This is great relieving anxious feelings.*
- 2. Inhalant For Night-time Head Tension:** Roman Chamomile 8 drops, Lavender 8 drops, Marjoram 6 drops, Vetiver 1 drop; gently mix the oils and pour into inhalant device. If you awaken with discomfort during the night inhale again several deep breathes, relax and sleep.*
- 3. Instant Calm Inhalant:** Roman Chamomile 10 drops, Lavender 5 drops, Vetiver 3 drops. After gently blending – pour into inhalant & inhale.*
- 4. Nighttime Bath for Calming:** Roman Chamomile 3 drops, Marjoram 3 drops, Ylang Ylang 2 drops, ½ cup Epsom Salts. Mix the oils into the ½ cup Epsom Salts and add to warm bath and soak for 10 minutes. Pat dry.*
- 5. After-Sports Bath:** Epsom Salts 1 cup, Roman Chamomile 3 drops, Marjoram 2 drops, Lavender 3 drops, Helichrysum 1 drop; add oils to Epsom salts and then to warm bath and soak after sports for 10 mins.*
- 6. Hormone-Balancing Bath:** 1 cup Epsom salts, Roman Chamomile 2 drops, Clary Sage 2 drops, Coriander 1 drop, Geranium 1 drop.
- 7. Head Tension Relief Bath:** 1 cup Epsom Salts, Roman Chamomile 2 drops, Lavender 2 drops, Marjoram 2 drops, Clary Sage 1 drop, Coriander 1 drop.*
- 8. Soothing Skin Bath:** 2 cups Epsom Salts, Roman Chamomile 3 drops, Helichrysum 2 drops, Bergamot 1 drop, Cedarwood 1 drop/*
- 9. Muscle-Strain Compress:** 1 quart cold water, 1 teaspoon of Epsom Salts, Roman Chamomile 2 drops and Marjoram 1 drop.*
- 10. Menstrual Cramp Massage Oil:** Coconut oil 2 oz, Roman Chamomile 4 drops, Marjoram 4 drops, Ylang Ylang 4 drops, Cypress 4 drops, Helichrysum 2 drops. Blend and massage on.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

