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## ANTHEMIS NOBILIS

### Organic Essential oil



LATIN NAME:	Anthemis Nobilis / Chamaemelum nobile.
OTHER NAMES:	Roman camomile, garden camomile, ground apple, English chamomile, True chamomile and common chamomile
SOURCE:	Steam distilled from the flowering plant.
COLOUR	Very light clear blue in colour with a watery viscosity turning yellow upon storage
AROMA	Sweet, fresh, rich, crisp fruity apple-like herbaceous fragrance
CULTIVATION:	Organically grown
ORIGIN:	South Africa

## OVERVIEW



**Anthemis nobilis** [synonym: *chamaemelum nobile*], commonly known as Roman chamomile, garden chamomile, ground apple, English chamomile true chamomile and common chamomile. Originally native to southern and western Europe where it grows wild in all the temperate regions, *A. nobilis* is an aromatic, herbaceous perennial plant with strong fibrous roots and long fibres. It belongs to the Asteraceae family and is a low growing, creeping plant with flowers and leaves reaching a height of up to of 25 centimetres (10 inches).. It has daisy-like white flowers. The stem are freely branching, hairy and covered with feathery pinnate leaves

### History and folklore

This 'noble' chamomile plant has been used since ancient times for its healing properties. Its history dates back as far as the ancient Egyptians who dedicated it to their Gods where it was considered a sacred gift from the Sun God Ra, although it's likely that chamomile had been in use for many thousands of years before then already. A chemical analysis undertaken on embalming oil for one of the Pharaohs found that chamomile was one of the main constituents. Hieroglyphics also show that chamomile was used in skincare by Egyptian noblewomen.

Chamomile is one of the most widely used and well documented medicinal herbs in the world due to its curative properties, particularly when used for the acute fever known at the time as the Ague

Chamomile was also used by the Romans in medicines, beverages and incense. During the middle ages this particular species of chamomile was commonly used as a 'strewing' herb which helped to create a fragrant atmosphere at public gatherings and celebrations. When walked upon, the essential oil sacs in the flowers would release their wonderful fragrance into the air. If you have ever strolled through a field of chamomile you will have experienced this for yourself.

Steam distilled from the flowering plant

## EXTRACTION

### Production of Camomile Oil at HIGHLAND ESSENTIAL OILS:

Organic certified Roman chamomile is commercially planted and harvested at Highland Essential Oils

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## PRODUCTION



Chamomile sown in beds in the nursery



Transplanted in fields when 10cm



Planting in fall



Flowering Nov



Harvesting

# CHEMICAL

# COMPOSITION



The Roman Camomile oil is constituted of Alpha Pinene, Beta Pinene, Camphene, Caryophyllene, Sabinene, Myrcene, Gamma Terpinene, Pinocarvone, Farsenol, Cineole, Propyl

ROMAN CAMOMILE ESSENTIAL OIL		
CONSTITUENT	GC Specification % of oil	
ALPHA PINENE	1.5	5
ISOBUTYL BUTYRATE	2	9
ISOBUTYL MEIHACRYLATE	1	3
ISO AMYL ISO BUTYRATE	3	5
2-MEIHYL MEIHACRYLATE	0.5	1.5
ISOBUTYL ANGELATE + ISO AMYL MEIHACRY	30	45
MEIHYL ALLYL ANGELATE	6	10
TRANS PINO CARVEOL	2	5
2MEIHYL BUTYL ANGELATE	3	7
ISO AMYL ANGELATE	12	22
PINO CARVONE	1.3	4

# USES

**Properties:** Analgesic, antibacterial, antidepressant, anti-inflammatory, antimicrobial, antineuralgic, antiphlogistic, antiseptic, antispasmodic, carminative, cholagogue, digestive, emmenagogue, febrifuge, hepatic, sedative, stomachic, sudorific, tonic, vermifuge, vulnerary

**Benefits:** Acne, arthritis, boils, burns, chilblains, colic, cuts, dermatitis, dysmenorrhea, earache, eczema, fevers, hair care, headache, indigestion, inflammations, insect bites, insomnia, menopause, migraine, muscular pain, nausea, nervous tension, neuralgia, rheumatism, sprains, stress related complaints, teething pain, toothache, wounds. Chamomile may give a blend for muscle pain a warm fruity note

**Food flavouring:** The plant is used to flavour foods.

**Aromatherapy uses:** Roman chamomile essential oil is one of the most versatile of all oils used in aromatherapy. It is a powerfully soothing and calming oil which imparts this quality to both physical and emotional conditions alike. A little goes a long way with this oil and its calming and sedating properties. Although this oil does not contain the large amounts of chamazulene found in German chamomile it still has a noticeable anti-inflammatory effect that soothes sprains and swellings when used with a cold compress. Aching muscles and joints benefit tremendously to massage, baths and compresses using this essential oil. It has an antispasmodic effect that is highly effective for soothing abdominal or period cramps as well as nausea.

During the hay fever season Roman chamomile essential oil offers some welcome relief to sufferers when inhaled from a tissue due to its anti-allergen effect. It offers similar relief to allergic rhinitis and dust allergy sufferers, bringing soothing comfort to irritated and inflamed nasal passages. In a similar way it calms and soothes the airways for asthma sufferers too.

And finally, when vaporised it is the perfect oil to quieten noisy children, angry partners and your frazzled nerves - without inducing a catatonic state. That sounds to me like aromatherapy at its absolute best!

**Perfumes** The oil is used in perfumery and has a high ester content

Perfumery Note: Middle

Odor: Strong, warm, and herbaceous; sweet, apple-like fruity freshness

Strength of Initial Aroma: Medium to strong

Dry-out: Warm and mellow, tobacco-like

Blends well with: Bergamot, Clary sage, Eucalyptus, Geranium, Grapefruit, Jasmine, Lavender, Lemon, Neroli, Oakmoss, Palmrosa, Rose,

**Agriculture:** Chamomile is sometimes known as "the plant doctor", because it is thought to help the growth and health of many other plants, especially ones that produce essential oils. It is thought to increase production of those oils, making certain herbs, like mints (spearmint, sage, oregano) and basil stronger in scent and flavour.

Chamomile tea is also thought to be useful to suppress fungal growth, for example, misting it over seedlings may prevent damping off.

Chamomile is also a very good compost activator



# Chamomile in Skincare

*Chamomile's many healing and protective benefits make it a powerful ingredient in many skin care products.*

*You can find this ingredient in just about every type of cosmetic product, including but not limited to moisturizer, sunscreen, anti-aging treatment, eye cream, acne treatment, hair dye, shampoo/conditioner, concealer, mineral powder foundation, cleanser and lipstick.*

Chamomile is one of the best skincare herbs available and is particularly useful for skin conditions such as contact dermatitis (eczema). This apple-scented herb comes in several different forms, but thankfully they all offer natural beauty benefits.

What makes chamomile such a great skincare herb? Both Roman and German chamomile are used in skincare and both are known for their anti-inflammatory properties. Chamomile contains a long list of chemical compounds which are individually known for their anti-inflammatory properties. Most studies, however, have found that the whole extracts were more active than their individual constituents.

**Bisabolol** –bisabolol is anti-inflammatory, antibacterial, anti-irritant, anti-fungal and non-allergenic. Because of bisabolol's high panthenol concentration, it can effectively stimulate and promote the skin's healing process. It also increases the skin penetration of other cosmetic ingredients, which can be particularly useful when feeding the skin antioxidants. In addition to its skin soothing and healing abilities, it also exudes a subtle floral aroma that is often used to add fragrance to cosmetic products.

**Chamazulene** – one of the azulenes, chamazulene is only found in the essential oils of both Roman and German chamomile and is created during the distillation process from another compound called matricin. This compound causes the essential oil of German chamomile in particular to go bright blue. Chamazulene is credited with providing the anti-inflammatory properties of both chamomiles. Chamomile is a fabulous skincare herb and is suitable for all skin types. As it is so strongly anti-inflammatory, it is particularly suited to sensitive skins that are prone to inflammation. It is herbs such as chamomile that demonstrate yet again that botanical extracts are generally the best choice for your skin.

Used as a conditioning agent and skin cell rejuvenator in cosmetic products. As a conditioner, it enhances the appearance of dehydrated or damaged skin by reducing dry flaking and restoring suppleness to the skin.

It is often used as a natural treatment for various skin disorders such as eczema and psoriasis.

Due to its calming effects, chamomile is an ideal ingredient when treating dry skin, blemishes, scars, eczema, psoriasis, spider veins, age spots, and discoloration.

It can also be mixed with rosewater, witch hazel, or aloe vera to serve as a soothing toner after cleansing. Chamomile is also present in many moisturizers and hydrating lotions that are designed to seal in moisture and protect skin from free radicals in the environment.

Because harsh weather and environmental irritants can strip the skin of its protective layer and moisture, chamomile is a popular ingredient in many creams. In this context, chamomile works to soothe damaged and tired skin. It reduces inflammation and restores the skin's natural softness, smoothness, and radiance. Because it is a natural and safe ingredient with proven results, chamomile has grown in popularity as an ingredient in skin care and beauty products. Its health benefits have been proven through time and scientific research.

It is used to make a rinse for blonde hair

## PRE-CAUTION

The FDA has not evaluated the statements on this website. No claims are made by HEO as to the medicinal value of any products from HEO. The information presented here is for educating our customers about the traditional uses of essential oils and is not intended to diagnose, treat, cure, or prevent any disease.

You are responsible for understanding the safe application of these products.

Safety Considerations: Has GRAS status (Generally Recognized As Safe), however this essential oil has prescription drug interaction and may contraindicate drugs metabolized by CYP2D6, CYP1A2, CYP2C9, and CYP3A4.16

Dilute before using. A patch test should be performed before use for those with sensitive skin.

Roman chamomile may cause an allergic reaction in people who are sensitive to the

Asteraceae/Compositae family. Members of this family include ragweed, chrysanthemums, marigolds, daisies, and many others.

