



Product Information and Traditional & Alternative Uses

Chamomile, one of the most ancient and versatile medicinal herbs known to humankind. Because of its strong anti-spasmodic effects, it is used for a variety of conditions. Recently, it has commonly been found useful in the natural treatment of nervous system problems, eczema, fever, heartburn, gout, anxiety, and insomnia. Roman and German chamomile are both similar in the actions. However, Roman is milder making it the go-to option for children.

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| ① HELPS WITH ANXIETY | ⑤ MORNING SICKNESS | ⑩ CRACKED NIPPLES |
| ② HELPS WITH DEPRESSION | ⑥ PAINFUL MENSTRUATION | |
| ③ NATURAL ALLERGY RELIEVER | ⑦ REDUCE MENTAL STRESS | |
| ④ ANOREXIA | ⑨ RHEUMATIC ISSUES | |

Primary Use - Relaxing & Sedative:

ENHANCE MOOD: Add to a difuser and difuse throughout the day. Apply 1-2 drops to the back of the neck and temples

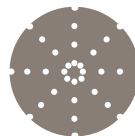
ALLERGY RELIEVER: Add to a difuser and difuse through our the day. Apply 1-2 drops to the palms of your hands and rub through your hair.

MORNING SICKNESS AND PAINFUL MENSTRUATION: Apply 2-3 drops to the stomach and uterine area of the skin. Massage for 3-5 minutes in a clockwise motion.

CRACKED NIPPLES: Add 6 drops to 1 ounce of avacado oil. Apply to the cracked area of nipple(s) 3-4 times throughout the day.

*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.

**Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.



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