



Basil

Ocimum Basilicum Essential Oil

This stimulating oil is often used in aromatherapy, as it helps to enliven the mind and bring clarity of thought. It also can calm nerves while easing sinus congestion, cooling down fevers, and aid menstrual problems.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

Primary Benefits

May help to relieve gout as well as aid arthritis pains when used on the skin, enhances mental alertness and lessens anxious feelings when diffused, may help to ease monthly feminine discomfort, beneficial when used for sinus infections, asthma, and bronchitis.

Directions for Use

Diffusion: Use three to four drops in a diffuser

Internal use: Dilute one drop in 4 fl. oz. of liquid

Topical use: Apply one to two drops to desired area. Dilute with Spark Naturals Fractionated Coconut Oil to help with any skin sensitivity.

Cautions

Keep out of reach of children. Possible skin sensitivity. If you are pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

Aromatic Description

Spicy, herbal, warm

Collection Method

Steam distillation

Plant Part

Leaf

Main Constituents

Linalool

Description

Basil is considered a sacred herb in some areas of the world and has a spicy, herbal, warm aroma known to help reduce anxious feelings. Basil is used to clear the mind and give clarity. Basil provides wonderful benefits to both mind and body due to its high linalool content, making it the perfect tool to reduce feelings of tension when applied to the back of the neck and temples. Basil is often used in cooking to add an herbal, fresh flavor to pastas, meat, and other main dishes, and can also be effective in aiding digestive disorders - ranging from nausea to hiccups. Basil is a very beneficial oil and can be helpful in combatting migraines and clearing respiratory systems, but also has an uplifting effect which can aid with symptoms of depression.

Uses

- Diffuse to promote a sense of focus
- Take a drop internally to provide soothing support during menstrual cycle
- Add to your favorite Italian dishes
- Massage with a carrier oil on the back of the neck for relief
- Add to a warm bath to help relieve gout and arthritis

Properties

Antibacterial, diuretic, anti-inflammatory, antiviral, decongestant, stimulant and mood enhancer

**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.*



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