



Basil Essential Oil

Botanical Name: *Ocimum basilicum*

Common Method of Extraction: Steam Distilled

Part Typically Used: Leaves and Flowers/Buds

Color: Clear

Consistency: Thin

Perfumery Note: Top

Strength of Initial Aroma: Medium

Child Safe: See safety precautions below.

Aromatic Description

Basil Essential Oil smells sweet, herbaceous and somewhat licorice-like.

Product Abstract: In Greek its name means 'royal remedy' or 'king'. In the 16th century, powdered basil was used to treat migraines and chest infections. The ancient Egyptians believed that it would open the gates of heaven to a dying person, and the Hindus use Basil sprigs to protect the dead from evil while in transition between lives. Western European lore sometimes claimed that it was a symbol of evil, while the Eastern Orthodox Church used it in the making of holy water.

Basil Essential Oil is amongst the oils that I think of when I want an oil that can help stimulate my mind and allow me to focus on the task at hand. Basil Essential Oil is an energizing oil and is best used during the morning and daytime hours.

Basil Essential Oil tends to be one of the first oils that I select when I have a cold. It is considered anti-bacterial/anti-viral, it acts as an expectorant and it also helps keep me alert. Basil Oil is also said to help with headaches.

The chemical composition of Basil Essential Oil can vary greatly between varieties, batches and suppliers. Ideally, look for Basil Essential Oil that has a significant percentage of Linalool and that is weak in Methyl Chavicol (Estragole), a suspected carcinogen. Basil Oils that are higher in Linalool tend to have a more appealing aroma. Additionally, Linalool is said to act as an insect repellent.

Basil Essential Oil Uses

- Bronchitis
- Colds
- Coughs
- Exhaustion
- Flatulence
- Flu
- Gout
- Insect Bites
- Insect Repellent



- Muscle Aches
- Rheumatism
- Sinusitis

Source: Julia Lawless, *The Encyclopedia of Essential Oils (Updated Edition)* (London: Harper Thorsons, 2014), 45-46.

Applications

Anxiety and Stress: Basil's cephalic activity means that it can blend well with oils that relieve anxiety, such as Geranium and Lavender. These can be inhaled or incorporated into a massage blend, especially if there are somatic manifestations such as muscle tension, nervous cough, or digestive dysfunction.

Digestive discomfort: Basil can be added to a blend for gas or cramping after eating. It works well with other digestive oils such as Cardamom, Roman Chamomile, Sweet Fennel, and Peppermint.

Headache: I like to rub a cream with Sweet Basil on my neck to relieve headaches. For this application, it can be used on its own or blended with Lavender and Frankincense. It seems to work best if the headache is stress or tension related.

Mental fatigue: If you're feeling overwhelmed and stressed, or are experiencing mental and emotional 'burnout,' Basil can be diffused, inhaled, or incorporated into a massage blend with Rosemary ct. cineole, Thyme ct. linalool, cineole-rich Eucalyptus, and Lemon.

Musculoskeletal: Basil can be very useful in massage blends for pain and inflammation, and also for spasms. It blends nicely with Geranium, Clary Sage, Lavender, Sweet Marjoram, Rosemary ct. Camphor, and Black Pepper.

Respiratory: Basil is excellent for soothing a chest cold accompanied by a spasmodic cough. It is a very effective antispasmodic and can stop coughing for several hours after each application to the chest. It combines well with Sweet Fennel, which also has expectorant and antispasmodic actions, and with Lavender, which has decongestant and antispasmodic effects.

Vomiting: Try putting a drop of Sweet Basil on a tissue and inhaling slowly to calm your stomach and stop vomiting. You can add a drop of Peppermint as well.

Major Constituents

- Linalool
- Fenchol
- Eugenol
- Methyl Chavicol
- Beta-Caryophyllene



Source: Shirley Price, *The Aromatherapy Workbook* (Hammersmith, London: Thorsons, 1993), 54-55.

Basil Essential Oil Safety Information

Use Basil Oil sparingly and with caution. High doses may be carcinogenic especially for those basil oils that contain a significant amount of methyl chavicol (Eugenole). Tisserand and Young suggest a dermal maximum of 15% if the estragole content does not exceed 0.8%. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, *Essential Oil Safety* (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 208.]

General Safety Information

Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.

Safety Information

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Cautions: Dilute before use; for external use only. Do not use if you are pregnant. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).