

# BASIL

*Ocimum basilicum 15 mL*

*Warm, spicy, herbal*

*Aromatic description*

## PRIMARY BENEFITS

- Provides a sense of alertness and feelings of calmness when diffused
- Distinct flavour ideal for italian dishes

## PRODUCT DESCRIPTION

Basil is commonly used in cooking to add a fresh, herbal flavour to meats, pastas and entrée dishes.

With a warm, spicy yet herbal aroma and a high linalool content Basil essential oil ideal a to diffuse for a calming and centering environment.

## USES

- Diffuse while studying or reading.
- Combine with Geranium and Wild Orange essential oils, for an uplifting aroma.
- Add to your favorite Italian dishes for a refreshing taste.

## DIRECTIONS FOR USE

**DIFFUSION:** Use one to two drops in diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Linalool, eucalyptol



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 12062020