

# TULSI (HOLY BASIL)

*Ocimum tenuiflorum 5mL*

*Warm, spicy, balsamic*

*Aromatic description*

## PRIMARY BENEFITS

- Has a calming aroma
- Helps support the appearance of healthy skin

## PRODUCT DESCRIPTION

Native to Southeast Asia, this small, green, bushy shrub, with lavender-hued flowers in the mint family, has a history within traditional Indian practices. Tulsi (Holy Basil) meaning "the incomparable one," is considered "Queen of the Herbs" and may be soothing when inhaled. Tulsi essential oil aroma resembles a cross between traditional Basil oil and Clove oil. Reminiscent of freshly cut basil, the warm, sweet aroma creates an engaging atmosphere when diffused. It is traditionally used around the world in many cultural rituals. Dilute one drop in two drops of carrier oil and apply to skin, to support the appearance of your healthy skin.

## USES

- Diffuse to promote a calming atmosphere.
- Add one drop to your facial cleanser or lotion as part of your skin care routine.
- Dilute one drop in two drops of carrier oil and apply to skin, to support the appearance of your healthy skin.
- Add one drop to palm of your hand, rub hands together, and cup hands over your nose and inhale.

## DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical Use: Dilute one drop essential oil to two drops carrier oil to minimise skin sensitivity and apply to desired area. See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN.

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

**PLANT PART:** Herb

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Eugenol, Methyl chavicol, Eucalyptol



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