

Basil

Ocimum basilicum 5 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, herbal

Main Chemical Composition: Linalool

Basil | *Ocimum basilicum* 5 mL

30011813

Description

Basil has a warm, spicy, yet herbal aroma known for its soothing properties. Basil provides great benefits due to its high linalool content, making it an ideal application to help provide a relaxing aroma when applied to the temples and back of the neck. Basil is commonly used in cooking to add a fresh, herbal flavor to meats, pastas, and entrée dishes, and it is also cooling to the skin.

Uses

Cosmetic

- + Apply topically during warm weather for a cooling sensation.
- + Combine with Fractionated Coconut Oil and apply to abdomen for a soothing massage.
- + Combine one drop Basil and one drop Tea Tree with Fractionated Coconut Oil, then apply to neck and behind ears for a skin-soothing experience.

Food

- + Infuse olive oil with Basil for an Italian bread dip.

Household

- + Diffuse with Lime, Bergamot, or Peppermint for an invigorating aroma.
- + Diffuse for a relaxing fragrance while studying, reading or finalizing a project.

Directions

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

Internal use: Dilute one drop in 120 mL of liquid.

Topical use: When used topically, dilute with carrier oil as needed for skin sensitivity.

Cautions

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