Basil has a warm, spicy, yet herbal aroma known to provide feelings of calm and centeredness. Basil provides great benefits to both the mind and body due to its high linalool content, making it an ideal application to help reduce feelings of tension when applied to the temples and back of the neck. Commonly used in cooking, Basil adds a fresh, herbal flavour to meats, pastas, and entrée dishes.

USES
• Add to your favourite Italian dishes for a refreshing taste.
• Combine with Geranium and Wild Orange essential oils for an uplifting aromatic massage.

DIRECTIONS FOR USE
Diffusion: Use three to four drops in the diffuser of choice.
Food additive use: Dilute one drop in 125 ml of liquid.
Topical use: For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil.

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.

Plant Part: Leaf
Extraction Method: Steam distillation
Aromatic Description: Warm, spicy, herbal
Main Chemical Components: Linalool, eucalyptol

PRIMARY BENEFITS
• Provides a sense of alterness and feelings of calm
• Adds fresh, herbal flavour to various dishes

Basil
Ocimum basilicum 15 ml
Part Number: 30010001
Wholesale: 17,00 € / 21,50 PV
£13.50 / 21 PV