

# Basil

*Ocimum basilicum* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: **A** **T** **I** **N**

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, herbal

Main Chemical Components: Linalool,  
1,8-cineole (eucalyptol), bergamotene

## PRIMARY BENEFITS

- Helps to keep the skin looking clean, clear, and healthy
- Promotes a feeling of calm and relaxation when diffused

## PRODUCT DESCRIPTION

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. The aroma of Basil helps promote a sense of focus and a stress-relieving experience.

## USES

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

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## 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.

