

Tulsi (Holy Basil)

Ocimum sanctum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG®

Application: A T S

Plant Part: Herb

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, balsamic

Main Chemical Components: Eugenol, beta-caryophyllene, trans-beta-elemene

PRIMARY BENEFITS

- Has a calming aroma
- May help maintain oral hygiene
- May support the appearance of healthy skin

PRODUCT DESCRIPTION

Native to Southeast Asia, this small, green, bushy shrub with lavender-hued flowers is part of the mint family. It has a history within Indian health practices as a natural solution for many conditions. Tulsi (Holy Basil) meaning “the incomparable one,” is considered “Queen of the Herbs.” Experimental research suggests that eugenol, a constituent of Tulsi, contribute to its cleansing properties. CPTG® Tulsi resembles a cross between traditional Basil oil and Clove oil. Reminiscent of freshly cut basil, the warm, sweet aroma creates an engaging atmosphere. It is traditionally used around the world as part of rituals and protection in many cultures. Apply to skin to help keep the appearance clean and healthy.

USES

- Diffuse to promote a calming atmosphere.
- Add one drop to two ounces of water and gargle, and spit out.
- Add one drop to your lotion as part of your skin care routine.
- 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 to two drops with a carrier oil then apply to desired area. 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.

