

Basil

Ocimum basilicum 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade™

The spicy, yet herbal nature of Basil oil makes it a versatile oil that can be used to create a calm, relaxed environment or to add a little extra flavor while cooking.

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, herbal

PRODUCT DESCRIPTION

Basil has a warm, spicy, yet herbal aroma known for its use in cooking throughout the world. Basil also provides great benefits due to its high linalool content.

USES

- Diffuse as a part of your study or work routine.
- 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 four fluid ounces of liquid.

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.

PRIMARY BENEFITS

- Aromatic use helps create a calm, relaxed environment

Basil

Ocimum basilicum 15 mL