

Tulsi (Holy Basil)

Ocimum sanctum 5 ml

dōTERRA® | INDIA

Product Information Page



CPTG®

Application: A I S

Plant Part: Herb

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, balsamic

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

Tulsi (Holy Basil) | *Ocimum sanctum* 5 ml

SKU: 60224793

Primary Benefits

- + Has a calming aroma
- + May help maintain oral hygiene

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 and beta-caryophyllene, constituents of Tulsi, contribute to its cleansing properties and skin benefits. 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.

Uses

- + Diffuse to promote a calming atmosphere.
- + Add one drop to 60 mL of water and gargle.
- + Add one drop to palm of your hand, rub hands together, and cup hands over your nose and inhale.

Directions

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

For Use in Food: Dilute one drop in 120 mL 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.