

Basil

Oil Natural Flavor 15 mL

dōTERRA®

Product Information Page



CPTG

Application: 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

- + A versatile flavouring component widely used across the world in a variety of dishes.
- + Incredibly pungent fragrance and flavour when used in cooking, allowing the user to make a little go a long way.
- + Herbaceous flavour ideal for soups, salads and seasoning for savoury recipes.

Description

Basil Oil is a natural oil derived through steam distillation of the aerial parts of the *O. basilicum* plant. Basil has a warm, spicy, yet herbal aroma known for its use in cooking throughout the world.

From creamy pastas to your favourite orzotto, don't forget to add a herbal kick by incorporating Basil oil into Italian cuisine. By simply adding one drop of Basil oil to your meal you can create a tasty and refreshing culinary masterpiece. Keep a bottle of Basil oil in the kitchen to use whenever you want to add this flavourful herb to any meal.

Uses

- + Add to your favorite Italian dishes for a refreshing taste.
- + Where a savoury dish requires dry basil, swap the herb for Basil essential oil for more flavour.
- + Use Basil oil in salads, soups, and to season meats or savoury dishes with an earthy, herby flavour.
- + Add a drop of Basil oil into vinaigrettes and sauces; drizzle over freshly baked bread or to complete an entrée.

Directions

Internal use: Use 1-3 drops to flavor food or beverages.

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.