

Basil

Ocimum basilicum 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

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

Basil | *Ocimum basilicum* 15 mL

30010001

Primary Benefits

- + Provides a calming and relaxing aroma
- + Offers soothing comfort when incorporated into massage
- + May support a healthy cell lifecycle when used internally, according to preclinical research*
- + Delivers added cleansing power to surface cleaners

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. Cooling to the skin, CPTG® Basil is an ideal essential oil for use in an uplifting aromatic massage. Because of its cleansing properties, it can also be used in a DIY surface cleaner.

Uses

- + Diffuse as part of a study or work routine.
- + Apply to skin with carrier oil and include in a soothing massage.
- + Add to your favorite Italian dishes for a refreshing taste.

Directions

Aromatic use: Use 3-4 drops in the diffuser of choice.

Internal use: Dilute 1 drop in 4 fluid ounces of liquid.

Topical use: Apply 1-2 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.

Application Methods

A Aromatic **T** Topical **I** Internal **H** Home Care

Skin Sensitivity

N Neat **D** Dilute **S** Sensitive Skin

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.