



Basil Essential Oil

DESCRIPTION: The warm, herbal aroma of basil is known to ease and calm. Diffuse it for motivated, alert and focused feelings.

TOP AROMATHERAPY BENEFITS: alertness • motivate • focus

AROMA: Herbal & Warm

BLENDS WITH: Grapefruit, Lavender, Peppermint

INGREDIENTS: Ocimum basilicum (basil) oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a motivating and energizing aromatherapy experience.

Study Aid

Diffuse to encourage focus while studying.

Massage

Using a carrier oil, add basil and lemon or orange oil for an uplifting massage.

Hair Shine

Add a few drops to carrier oil and massage into ends of hair to improve its luster.

Shampoo Boost

Add a few drops to shampoo and massage into scalp to encourage healthy hair.

Add to Bath

Add a few drops to a warm bath for a relaxing soak.

Surface Cleaner

To a spray bottle add 15 drops of basil oil, 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Facial Steam

Create a facial steam by adding 3-5 drops to 2 cups boiling water and covering head and bowl with a towel while inhaling.

Healthy Habits

Combine with a carrier oil and apply to wrists and chest for encouragement when dieting and exercising.

DIY AROMATHERAPY BLENDS:

Alert: Basil + Lemon + Peppermint

Brain Boost: Basil + Peppermint + Rosemary

Calm & Collected: Basil + Lavender

Calm Down: Basil + Bergamot + Lemongrass

Clear the Air: Basil + Eucalyptus + Peppermint

Fatigue: Basil + Grapefruit + Ylang Ylang

Sleep Well: Basil + Bergamot + Lavender

Wake Up: Basil + Orange

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute 1 drop per 4 teaspoons of carrier oil to use topically.

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.