

BASIL

Ocimum basilicum 15 mL

Warm, spicy, herbal

Aromatic description

PRIMARY BENEFITS

- Provides a sense of alertness and feelings of calmness when diffused
- Distinct flavour ideal for italian dishes

PRODUCT DESCRIPTION

Basil is commonly used in cooking to add a fresh, herbal flavour to meats, pastas and entrée dishes.

With a warm, spicy yet herbal aroma and a high linalool content Basil essential oil ideal a to diffuse for a calming and centering environment.

USES

- Diffuse while studying or reading.
- Combine with Geranium and Wild Orange essential oils, for an uplifting aroma.
- Add to your favorite Italian dishes for a refreshing taste.

DIRECTIONS FOR USE

DIFFUSION: Use one to two drops in diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Linalool, eucalyptol



Certified Pure Tested Grade

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