



## Basil Essential Oil

**DESCRIPTION:** The warm, herbal aroma of basil is known to ease anxious feelings. Diffuse it for motivation and to encourage feelings of alertness and focus.

**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 or combine with wintergreen oil to massage sore muscles.

#### 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 stress-relieving soak.

#### Surface Cleaner

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

#### Facial Steam

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

#### Vapor Rub

Create a homemade vapor rub by combining 2 drops basil oil and 2 drops eucalyptus oil with carrier oil and apply to chest.

#### Insect Bites

Dilute with a carrier oil and apply to insect bites and stings.

#### Encourage Metabolism

Combine with a carrier oil and apply to wrists and chest 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

**Cleanse:** Basil + Eucalyptus + Wintergreen

**Clear the Air:** Basil + Eucalyptus + Peppermint

**Fatigue:** Basil + Grapefruit + Ylang Ylang

**Sleep Well:** Basil + Bergamot + Lavender

**Wake Up:** Basil + Orange