

# Sweet Basil

**ocimum basilicum** 10ml

Sweet Basil is in many ways a strengthening oil, having a pronounced effect on focus and concentration when inhaled in small amounts throughout the day. It encourages the mind to stay on task rather than wandering or succumbing to distractions, making it an excellent aid for work or study. Just a drop or two is sufficient, as in large amounts Sweet Basil can actually have a stupefying effect.\*

Sweet Basil is considered one of the best aromatic nerve tonics for its ability to assist with nervous tension, stress, anxiety, and depression.\*

It may also be of use in supporting the body with insomnia and migraine headaches. When added to carrier oil, its antispasmodic and analgesic abilities make Sweet Basil an effective pain reliever and muscle relaxant.\*

It may be quite helpful in relieving menstrual cramps, rheumatism, gout, and muscular aches and pains. Sweet Basil has historically been used as a digestive tonic for stomach cramps, hiccups, ulcers, gastritis, vomiting, and constipation. It is also beneficial for respiratory ailments like asthma, bronchitis, colds, cough, or sinus infections.\*

## USES

### aromatic

- **Diffusion:** Diffuse 5 to 10 drops in a cool mist essential oil diffuser for 15 minutes per hour as desired throughout the day.\*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray for a refreshing aroma.\*

### bath

- **Bath:** Combine 8 to 10 drops with ½ to 1 cup of Pink Himalayan or Dead Sea bath salts and add to warm water for a relaxing bath.\*

### internal

- **Internal:** Can be used in cooking, instead of Basil herb, at the rate of 1 drop per ½ teaspoon dried herb seasoning.\*

### topical

- **Massage/Lotion:** Can be massaged on specific joints; or diluted with carrier oil for larger areas, adhering to recommended dilution guidelines.\*
- **Massage:** Apply neat (undiluted) on location for minor insect bites.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*

goDesana

Product Information Page



## application methods

Aromatic • Bath • Internal • Topical

## safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified Aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

## properties

*Wildcrafted*

**Producing Organ:** Flowering Plant

**Extraction:** Steam Distillation

**Country of Origin:** India

**Main Chemical Constituents:** Methyl chavicol, linalol, cineol

**Therapeutic Properties:** Antidepressant, antiseptic, antispasmodic, carminative, cephalic, digestive, emmenagogue, expectorant, febrifuge, galactagogue, nervine, prophylactic, restorative, stimulant of adrenal cortex, stomachic, tonic

## responsible cautions

- If used in large doses, it can bring on a miscarriage.
- Should not be used as a single oil over a long period of time by anyone.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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