

Basil (Ocimum Basilicum) oil, Available in: 10 ml glass bottle



Rating: Not Rated Yet

Price

£5.50

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Description

Basil essential oil is renowned as a stimulating oil and can be used to clear the mind and counteract fatigue. It is also recommended for head tension, respiratory problems and muscular aches and pains.

Basil oil is suitable for all skin types. It refreshes and nourishes, improves and maintains normal skin elasticity and also balances oily skin while preventing the formation of acne. Basil oil has a positive effect on the prevention of oral cavity. Eliminates bad breath. Refreshes and purifies indoor air.

More information:

Botanical Name: Ocimum Basilicum

Common Name: Basil

Aroma: fresh, strong, sicy, specific herbaceous aroma .

Property: deodorizing, toning, refreshing.

Method of extraction: Steam Distilled

Country of Origin: Egypt

Chemical Type: Ocimum Basilicum oil, LINALOOL, LIMONENE, EUGENOL

Properties: toning, refreshing, deodorizing.

Which conditions/system benefit from its use?

Skin: The high linalol content in Basil essential oil is believed to help repel insects.

Mind: Basil oil helps to stimulate and clear the mind. It is an excellent choice for combating nervous disorders, intellectual fatigue and indecision.

Body: beneficial for headaches, migraines, muscle tension and pain.

Respiratory system: chesty coughs, bronchitis, asthma and sinus infections.

Basil oil is a good tonic for the digestive system and may be of assistance in treating menstrual problems.

Blends well with: [Geranium](#), [Lavender](#), [Lemon](#), [Peppermint](#)

Applications:

Massage: use max 8 drops of Basil oil in 25 ml Carrier oil.

Steam inhalation: Place 1 or 2 drops in a bowl of hot water or a proprietary steamer.

Vaporizers: Burners ; Light bulbs; Diffusers; Radiators. About 2 drops of oil is usually enough for each use.

Enrichment of face creams: 2-3 drops of basil oil in 50ml. cream.

Bath: 6-8 drops of basil oil.

Sauna: 10 drops of basil oil in 500 ml of water.

Aroma lamps: 5- 6 drops of basil oil.

Aroma Spray: 15-20 drops of basil oil in 250ml. of water, shake the bottle and spray the room.

Precautions

Contraindicated for people with individual intolerance to basil oil. Avoid if pregnant or if your skin is sensitive. Attention! Highly concentrated! Store in a tightly closed place without direct sunlight. Keep away from children! Before use, do a susceptibility testing! In case of eye contact rinse with water! Not be taken internally!

Important Note:

Any reference to a disease or condition name does not indicate a treatment for this disease or condition. Essential oils are without therapeutic indications. The information provided is for educational purposes only.

Reviews

There are yet no reviews for this product.