

BASIL

Ocimum basilicum

Herbal royalty

| | |
|-------------------------|---|
| Source: | Egypt |
| Extraction: | Steam distilled flowering tops and leaves |
| Blending Factor: | 1 |
| Odour Note: | Top |

Characteristics:

Colourless / pale yellow liquid with sweet, spicy, fresh, green smell with balsamic undertones.

Safety Precautions:

Relatively nontoxic and non irritating. Can be sensitising to some individuals. Avoid use during pregnancy. Do not use on the skin in concentrations higher than 1%.

History:

Native to the tropical areas of Asia and Africa. Basil derives its name from the Latin basilicum for king or royal and was considered a king among plants. In India, basil was revered as a reincarnation of Lakishmi, goddess of fortune and beauty.

It has long been valued in the Ayurvedic tradition for respiratory problems and was used against epidemics and feverish conditions. In western traditions it is used for rheumatic pain and irritable skin conditions.

Therapeutic Actions:

Antidepressant, carminative, cephalic, galactagogue, febrifuge, nervine, restorative, emmenagogue.

Enhances:

Assertiveness, balance, concentration, clarity of thought, happiness, relaxation and self expression.

Reduces:

Anxiety, depression, mental fatigue, nervousness, scanty periods, fever, and respiratory problems.

Uses:

Nervous system: Intellectual fatigue, indecision, mental clarity and calmness

Digestive system: Nausea, dyspepsia, gastric spasms

Respiratory system: Sinusitis, asthma, bronchitis, coughs, influenza

Musculoskeletal system: Rheumatism, gout, Muscular aches and pains

Reproductive system: Scanty periods, menstrual cramps

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

Blends with:

Bergamot, black pepper, cajeput, cedarwood, clary sage, citrus oils, citronella, cypress, eucalyptus, frankincense, geranium, ginger, lavender, sweet marjoram, rosemary, peppermint pine, tea tree

| Soothe Insect Bites | | Uplifting Massage | | Room Energizer Spray | |
|----------------------------|-------|--------------------------|------|-----------------------------|-------|
| Sweet Basil | 2 | Sweet Basil | 5 | Sweet Basil | 3 |
| Lavender | 2 | Juniper | 3 | Peppermint | 2 |
| Tea Tree | 1 | Grapefruit | 2 | Ginger | 4 |
| Total drops | 5 | Total drops | 10 | Grapefruit | 6 |
| Carrier oil | 10 ml | Carrier Oil | 10ml | Emulsifier | 5 ml |
| | | | | Water (de-ionized if pos.) | 100ml |