

**Basil (linalol type) – *Ocimum Basilicum*****Code:** T139                      **Vol:** 10ml**Country of Origin:** Egypt**About the Oil:****Distilled From:** Steam distillation of leaves and flowering tops.**Aroma & appearance:** Clear, sweet, spicy and yellowish in color.**Some beneficial ways of enjoying the oil:**

- A stimulating and clearing oil, useful when concentration is needed or when feeling tired and sluggish. Try adding 1 drop of Basil and 3 drops of Lemon to the water in an oil burner to help create the right atmosphere for hours of exam revision or paperwork!
- A blend of 1 drop each of Basil and Lavender in 10ml of Sweet Almond oil makes a good abdomen massage oil. Always massage the abdomen in a clockwise direction.

There are several different types of basil oil. This is a "True Sweet Basil Oil" (*Ocimum Basilicum*) known as Linalol type. This is the safest and most pleasant of the Basil oils used in aromatherapy. "Exotic Basil Oil" is also known as "Reunion", "Estragole", "Methyl Chavicol" type or, confusingly, "Sweet Basil Oil". The main constituent, 70-88%, of Exotic Basil is Estragole (Methyl Chavicol) which is moderately toxic and irritating to the skin and has raised concerns that it may be carcinogenic. The Linalol type, with approximately 8% Estragole, is preferable for aromatherapy.

**Did you know?**

Often referred to as "joy of the mountains" in Greece, where the plant is still used in cooking and as a medicinal herb.

**Key Search words:**

Clearing, uplifting, invigorating, concentration, mental fatigue, antiseptic.

**Safety Data**

- Do not use during pregnancy .
  - Use in moderation, especially by those with sensitive skin.
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