



ORGANIC ESSENTIAL OIL

SUSTAINABLY SOURCED
IN EGYPT.

15ml | £22

Plant Part:

Leaf

Extraction Method:

Steam distillation

Aromatic Description:

Warm, spicy, herbal

Health Benefits

- Can reduce anxious feelings
- Could be stress-relieving
- Can be soothing to the skin
- Could help to keep the skin looking clear and healthy
- Can support cardiovascular and nervous system

BASIL

Ocimum basilicum

PRODUCT DESCRIPTION

Basil has a long history of use dating back more than 5,000 years. Basil leaves have been used as an herb to season various cuisines and can most commonly be found in your favorite Italian dish.

However, Basil is not just for adding exquisite flavour to food; it has many health benefits as well. As an essential oil, Basil has been known to help promote mental alertness and calm the nervous system when taken internally due to its high linalool content. the skin. The aroma of Basil helps promote a sense of focus and a stress-relieving experience.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil if you have sensitive skin.

EXAMPLES OF USES

- Diffuse to promote a sense of focus while studying or reading.
- Combine with Geranium and Wild Orange essential oils, for an uplifting aromatic massage.
- Add to your favourite Italian dishes for a refreshing taste