



# Basil

OCIMUM BASILICUM CT LINALOL

A warming oil that is noted for its ability to clear the head, Sweet Basil is also a very effective antispasmodic. Its aroma is stimulating and uplifting!

## COUNTRY OF ORIGIN

France, Italy, Bulgaria, Egypt, Australia, South Africa, and North and South America.

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Flowers and Leaves

## BOTANICAL FAMILY

Lamiaceae (Labiatae)

## CHEMICAL FAMILY

Sesquiterpenes, Monoterpenols, and Oxides

## AROMA

Sweet & Spicy

## NOTE

Top-Middle

## SAFETY

- Avoid during pregnancy or with epilepsy.
- Not for children under 5.
- Avoid use with a history of estrogen-dependent cancer.
- Possible skin irritant.
- Not recommended in the bath.
- Can act as a relaxant if overused.

The linalool chemotype of Basil is a safe and gentle oil. Major concerns are for internal use of chemotype with high levels of estragole (methyl chavicol) content, as high levels are considered carcinogenic, and have produced DNA abnormalities in animals. For oils with high eugenol content (>30%), Tisserand recommends a maximum topical application of 1%.



## THERAPEUTIC PROPERTIES

The chemical components vary dramatically depending on the chemotype. Be sure of the chemical profile and chemotype of the oil you are using. The oil we are studying is linalool chemotype. If the oil contains eugenol, it may cause skin irritation in people with sensitive skin. Known Basil chemotypes: linalool, estragole, eugenol, methyl chavicol, methyl eugenol, methyl cinnamate.

ANALGESIC	ANTIVIRAL	IMMUNE SUPPORT
ANTIBACTERIAL	CARMINATIVE	NERVINE
ANTIDEPRESSANT	CEPHALIC	SUDORIFIC
ANTIFUNGAL	DIGESTIVE	DYSPEPSIA
ANTIEMETIC	EMMENAGOGUE	STIMULANT
ANTISEPTIC	EXPECTORANT	NEUROTONIC
ANTISPASMODIC	FEBRIFUGE	ANTI-INFLAMMATORY
STEROIDAL	REGENERATIVE	

## BODY SYSTEMS

DIGESTIVE	NAUSEA AND CRAMPING, GASTRIC ULCERS
ENDOCRINE	ADRENALS
INTEGUMENTARY	BUG BITES
LIMBIC	MENTAL CLARITY, NERVOUS EXHAUSTION, EMOTIONAL BALANCE
MUSCULAR	MUSCLE SPASMS



BODY SYSTEMS (CONT.)

NERVOUS

EARACHE, MIGRAINE

REPRODUCTIVE

APHRODISAC, MENSTRUAL DISCOMFORTS

RESPIRATORY

RELIEVES COUGHS

SKELETAL

GOUT AND RHEUMATISM, ACHES AND PAIN

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