



Name	Latin Name	Origin
Basil	Ocimum Basilicum	Egypt
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$18	
Part of plant	Safety note	Conservation Status
Leaves and flowering tops	The linalol chemotype is considered safe on the skin but a total topical application of below 5% is recommended.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Rich in monoterpenols. 	<ul style="list-style-type: none"> • Analgesic • Anti-inflammatory • Antibacterial • Antiemetic • Antifungal • Antifungal (candida) • Antioxidant • Antispasmodic • Antiviral • Carminative • Cephalic • Expectorant • Skin penetration enhancer • Its high linalool content makes it an ideal choice for headaches and tension when applied to the temples and back of the neck. • When diffused, basil helps promote focus and can offer a stress-relieving experience. • Used to treat everything from respiratory conditions, stress and muscle aches to bladder infections, acne, earache, cold and flu • Emotionally, basil clears and protects. This essential oil strengthens self-confidence and improves personal motivation, it is uplifting and often increases mental clarity

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy</p> <p>L-Linalool (analgesic, antibacterial, anticonvulsant, antifungal, anti-inflammatory, antinociceptive, antiox-</p>	

idant, antispasmodic, antitumoral, antiviral, anxiolytic, cholinesterase inhibitor, immunostimulant, hypotensive, sedative).

1st essential oil synergy combinations

bergamot mint, ho leaf, lavender, neroli, orange blossom absolute, rosalina, rosewood, spike lavender, white champaca.

2nd essential oils synergy combinations

bergamot, clary sage, geranium, ghandi root, ginger lily abs., jasmin sambac, petitgrain Bigarade, ylang ylang.

2nd component synergy

Eugenol, 1,8-cineole, estragole (analgesic, anti-inflammatory antinociceptive).

1st essential oil synergy combinations

clove bud, cinnamon leaf, tulsi, laurel leaf, rose absolute.

2nd essential oil synergy combinations

cajuput, cardamom, eucalyptus spp. (cineole-rich), hyssop ct linalool, myrtle, niaouli, rosemary ct 1,8-cineole, sugandha.

Potential psychological therapeutic solutions

Stress, anxiety: bergamot, bergamot mint, clary sage, geranium, lavender, geranium, clary sage, ginger lily abs., ghandi root, neroli, jasmin sambac, orange blossom abs., petitgrain Bigarade, rose absolute, rosewood, ylang ylang

Mental fatigue, loss of concentration: eucalyptus spp., lavandin, rosemary ct cineole, Scots pine, Siberian fir, spike lavender, cardamon.

Potential physical therapeutic solutions

Musculoskeletal tension, pain, spasm: bergamot mint, black pepper, clary sage, cinnamon leaf, clove bud, geranium, laurel leaf, lavender, rosemary, rosewood, spike lavender, sweet marjoram, sugandha, tulsi, ylang ylang

Digestive discomfort: black pepper, cardamom, cinnamon leaf, clary sage, clove bud, fennel, lime, peppermint, spearmint, patchouli

Debility, low immunity: clove bud, ghandi root, ho leaf, lemongrass, patchouli, tulsi, patchouli, rosewood, sandalwood, thyme (ct linalool, thymol, geraniol, thujanol)

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings	
Top	Balancing	2 Digestive	3
	Calming	2 Muscular/Skeletal	1

Ingredient notes

Chemical families

monoterpenols	49.02%
sesquiterpenes	12.2%
phenols	8.92%
oxides	8.46%
sesquiterpenols	3.25%
monoterpenes	2.47%
esters	1.75%
ketones	0.84%

Complete chemical breakdown

monoterpenols

linalool	47.9%
α -terpineol	1.12%

sesquiterpenes

germacrene d	3.23%
b-elemene	2.87%
α -bulnesene	2.4%
d-cadinene	1.37%
α -selinene	0.86%
α -humulene	0.81%
b-farnesene	0.66%

phenols

eugenol	8.92%
---------	-------

oxides

1,8 cineole	8.46%
-------------	-------

sesquiterpenols

α -cadinol	3.25%
-------------------	-------

monoterpenes

b-pinene	1.31%
----------	-------

esters

bornyl acetate	1.75%
----------------	-------

myrcene	1.05%
---------	-------

sabinene	0.11%
----------	-------

ketones

camphor	0.84%
---------	-------
