

Basil Linalool Essential Oil

Sweet,
Fresh, Green
Scent

Balsamic
Undertone

Relieves
Head & Neck
Tension

Great
for a
Relaxing
Bath

Eases
Excessive or
Repetitive
Thinking

Promotes
Calm, Clear
Focus

Product Details

Botanical Name: Ocimum basilicum

Country of Origin: Egypt, Hungary

Extraction Method: Steam Distilled

Plant Part: Leaves

Strength of Aroma: Strong

Cautions: Use topically at a maximum of 3.3%

KidSafe: No



Description

The fragrant herb Basil is best known as one of the most versatile herbs to use in Mediterranean and Eastern cooking. Basil Linalool Essential Oil is one of the finest oils available for calming and focusing the mind, and it helps to ease excessive or repetitive thinking. It can also be an excellent aid for study or projects that need calm, clear focus. Basil Linalool is also useful for easing tension in the head and neck. It is preferred as a mind-clearing oil for spiritual meditation. Due to the high linalool content (which makes this oil very relaxing) you can also use basil to help ease the transition into bedtime. Basil also can help uplift your mood.

Directions

For a great soothing blend, combine equal amounts of Bergamot, Clary Sage and Basil Linalool and diffuse.

Add Basil Linalool to your favorite carrier oil or milk bath to help soothe away tension.

For topical application, dilute to 1-3%.

Blends Well With

Cedarwood Himalayan, Bergamot, Clary sage, Grapefruit Pink, Lime, Neroli, Sandalwood Australian

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