



**PRODUCT DESCRIPTION**

Basil is a popular and ancient herb with origins in India and other tropical Asian climates. It is widely used throughout the world as a culinary herb, most commonly in Italian dishes in which dried leaves are used for seasoning. It's rich, sweet aroma also makes it great for aromatherapy and natural wellness applications. Basil essential oil is useful in alleviating nausea, dizziness, and vomiting issues. It is also widely used as a topical treatment for improving skin tone and reducing signs of aging.

**PRIMARY BENEFITS AND SAMPLE USES**

- » Promotes healthy skin
- » Boosts healthy digestion
- » Calming relief for feelings of nausea, dizziness, and vomiting
- » Reduces muscle aches and pain

**DIRECTIONS**

**Diffusion:** Diffuse 3-5 drops or more in the PURELY™ diffuser of your choice.

**Topical:** Dilute 1-2 drops with a PURELY™ carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

**Steam Inhalation:** Add 2-3 drops to a cup of steaming water and inhale.

**Ingestion:** When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

**PRECAUTION**

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

**BLENDS WELL WITH**





Clary Sage, Lemon, Rosemary and Bergamot

**COUNTRY OF ORIGIN**

India

**EXTRACTION METHOD**

Steam distillation

-  **DIFFUSION**
-  **TOPICAL**
-  **STEAM**
-  **INGEST**

**DILUTION TABLE**

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

SKU# 1055 retail: \$16	BASIL	<p><i>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.</i></p>
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