

Basil, Sweet Essential Oil

Botanical Name: *Ocimum basilicum*

(Common Names: Common Basil, European Basil, Genovese Basil, Great Basil, Linalool Basil, Saint Joseph's Wort, Sweet French Basil, True Basil)

Parts Used: Leaf

Extraction Method: Steam Distilled

Origin: India

Color: Pale Yellow to Amber

Consistency: Thin

Note: Top

Strength of Aroma: Strong

Aromatic Scent: This variety has a sweet vaguely anise-like, mint, smoky odor.

Blends With: Bergamot, Black Pepper, Cardamom, Citronella, Clary Sage, Clove Bud, Coriander, Eucalyptus, Geranium, Hyssop, Juniper, Lavender, Lemon, Lime, Marjoram, Melissa, Neroli, Oakmoss, Orange, Peppermint, Rosemary, Sandalwood, Spearmint, Verbena, Ylang Ylang.

Common Uses

Bronchitis, colds, coughs, exhaustion, flatulence, flu, gout, insect bites, insect repellent, muscle aches, rheumatism, sinusitis. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 58-67.]

Cautions

Use Basil Oil sparingly and with caution. High doses may be carcinogenic especially for those basil varieties that contain a significant amount of methyl chavicol (Eugenole). Tisserand and Young suggest a dermal maximum of 15% if the estragole content does not exceed 0.8%.

Avoid Basil Oil during pregnancy and on children under 2

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

