



Basil (Sweet)

(*Ocimum basilicum*) Botanical Family: *Labiatae*

Herb growing up to 1 metre, with small white or pink flowers.

Plant Part used: leaves and flowering tops

Method of Extraction: steam distillation

Countries of Production: Egypt, France, USA, Bulgaria, Hungary

Fragrance: warm, aniseed-like, peppery, like the herb

Note: top to middle

Main Chemical Components:

Great variation between 'sweet' and 'exotic' types

Sweet: linalol, methyl chavicol, 1,8-cineole, eugenol, limonene

General Effect: strengthening, calming

Indicated for:

The Face

The Body

Not to be used in facial treatments

Only to be used in low dilution
 circulation stimulating
 congestion
 fatigue
 general aches
 nervous conditions
 stimulating
 tonic

Body Blending Guide:

Bergamot, black pepper, clary sage, coriander, eucalyptus, fennel, geranium, ginger, juniper, lavender, lemon, marjoram, orange, rosemary, thyme linalol

Contra-indications: Avoid 'exotic' basil as it contains a high proportion of methyl chavicol which could cause irritation or sensitisation in some cases.

Can cause skin irritation – use with care.

Avoid use in water-immersion methods unless diluted.

To be avoided during pregnancy and lactation.

To be avoided by those with epilepsy.

Purchasing Guide:

Price Range: medium