

SWEET BASIL

Ocimum basilicum

Aromatic 

Dilute 

Topical 

Internal 

With a sweet and spicy scent and flavor, Sweet Basil essential oil is used most often in cooking and as a dietary supplement; however, it also has many aromatic and topical applications. Sweet Basil oil is beneficial both physically and mentally, and has become a great go-to product that oil users should always have on hand.

BENEFITS

Sweet Basil oil has numerous applications in aromatherapy for its ability to awaken the mind, calm the nerves, and provide clarity of thought. It can also be used topically to cool the body or skin. Sweet Basil oil's popularity has recently increased as a natural and simple way to add tantalizing flavor to recipes both old and new.

ORIGIN / EXTRACTION PROCESS

The botanical used to create this oil was grown in Vietnam, and it was extracted by steam distillation.

SUGGESTED USES

- Rub 2-3 drops of Sweet Basil oil into the palms and inhale, or apply directly to the forehead, to promote alertness
- Add a few drops of Sweet Basil oil to food, using proven recipes and spreading evenly throughout, to add rich flavor naturally
- Put 2-3 drops of Sweet Basil oil in an Améo Veggie Cap to take as a natural dietary supplement
- Apply 1-2 drops of Sweet Basil oil to over-exercised or strained muscles to help relax and relieve discomfort
- Add a few drops of Sweet Basil oil to your daily shampoo to address excessively oily hair
- Apply 1-2 drops of Sweet Basil oil to spider or other bug bites to promote restoration

