

BASIL

Ocimum basilicum ssp basilicum

Aromatic molecules : methyl chavicol

Distilled organ : flowering top

This annual aromatic herb native to Asia, with oval, shiny, dark and downy leaves, blooms at the end of summer. There are no fewer than 150 species of basil, which has a very strong fragrance, and white flowers at the end of the upper axis.

Traditionally known for its properties

average antibacterial • powerful antispasmodic • digestive and hepatobiliary tonic • analgesic • anti-inflammatory • antiviral.

Professional advice

- internal : 2 drops CTEO in honey, on a carrier tablet, olive oil or on a lump of cane sugar under the tongue after meals
- external : 3 drops CTEO + 5 drops apricot kernel oil or hazelnut oil on the stomach for digestive spasms and dysmenorrhoea - several times a day.
- on a daily basis : mix 8 drops of essential exotic basil oil and 2 drops of lemon essence with 50 ml of olive oil. You get a deliciously fragrant oil to accompany different courses (e.g. tomato-mozzarella).

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion
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Useful information

external administration possible in dilution in a vegetable oil such as apricot kernel sesame, hazelnut..., do not use in the 1st 3 months of pregnancy, skin irritation (dermocaustic) possible if used pure.

Traditional indications

- dysmenorrhoea ++++
- viral hepatitis and liver congestion ++
- muscle cramps and contractions +++
- arthritis, tendinitis, rheumatism +++
- spasmophilia, anxiety, insomnia +++
- nausea, aerophagia, flatulence, digestive spasms +++
- headaches ++++

Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

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aromatherapy

Aromatherapy and information about it should never be used to replace a doctor's visit.