



Basil Essential Oil

*by
The Reformed Bohemian*



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Find out more at www.reformedbohemian.com



Basil Essential Oil

Basil has a sweet herbaceous scent, it has many uses, for example it is an energising oil that can be used to relieve stress, mental fatigue and loss of concentration.

About Basil

Basil has a sweet, herbaceous scent, it has analgesic, anti-depressant, antimicrobial and antiseptic properties. Not only can it help to relieve mental fatigue and poor concentration but it is also effective for easing respiratory tract infection such as asthma, coughs and colds. It can also be used to help soothe migraines and gout.

Basil can also be used to help regulate menstrual cycle and to ease digestive disorders and vomiting. It is also an effective insecticide and can be used on wasp, mosquito and insect bites.



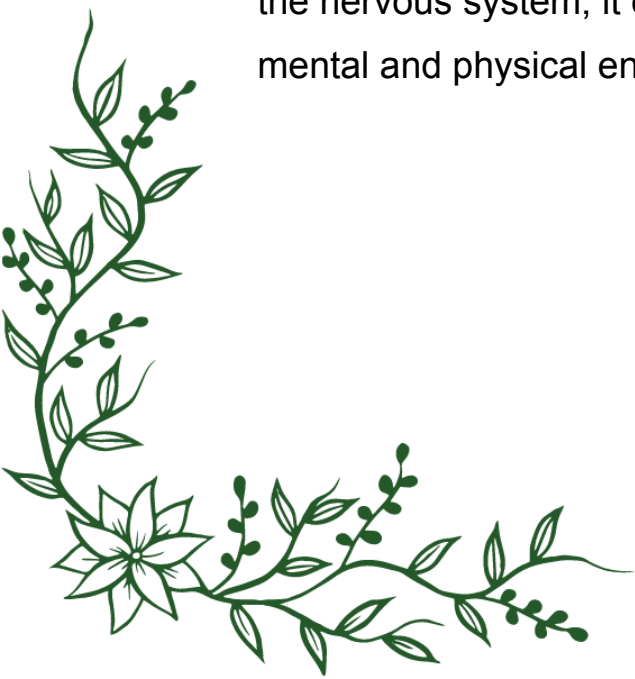
Healing Properties Of Basil Essential Oil

Basil essential oil has the following healing properties:

Properties

Analgesic, anti-depressant, antiseptic, expectorant, insecticide and tonic.

- **Stress** – can help calm and relax the mind.
- **Headaches and migraines** – can soothe headaches and migraines and the nervous tension that can cause them.
- **Mental clarity** – can reduce brain fog.
- **Blood purifier** – basil can help to flush out toxins from the blood.
- **Skin** – can help prevent acne and itchy skin conditions.
- **Muscle and joint pain** – basils natural analgesic properties can help provide relief to arthritis pain and muscle aches and pains.
- **Fatigue relief** - basil is a natural energising, stimulating oil that targets the nervous system, it can clear the mind and revitalise and restore mental and physical energy.



- **Ear infections** – due to its antimicrobial properties' basil can ease the discomfort of ear infection, be careful not to use directly in the ear though! Use mixed with a carrier oil around the outside of the ear.
- **Asthma** – due to its effects on the respiratory system basil can help ease the shortness of breath associated with asthma.



Ways to use Basil Essential Oil

Diffuse

- Basil essential oil can be used in diffusers or oil burners. Using basil essential oil in this way is particularly beneficial in relieving headaches and migraines as well as boosting concentration, focus and clearing the mind. Basil also makes a good natural air freshener, clearing the air and creating an uplifting atmosphere.

Diffuse 1 - 3 drops of Basil essential oil in an oil burner or diffuser.

Bath

- Basil essential oil can be added to a warm bath to relieve muscle aches and menstrual pains. It can also relieve pain associated with arthritis and gout.

Add 1 - 3 drops of Basil essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Inhalation

- Inhaling basil essential oil is effective in helping to relieve symptoms associated with asthma and respiratory tract infections such as colds and bronchitis, coughs. Steam inhalation helps to clear congestion in your head, nose and chest.

Simply add 1 -3 drops of Basil essential oil in a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles.

Adults - up to 7 drops of Basil essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops of Basil essential oil in 1 tbsp of carrier oil.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Basil goes particularly well with oils such as:

- Bergamot
- Black Pepper
- Cedarwood
- Fennel
- Ginger
- Geranium
- Grapefruit
- Lavender
- Lemon
- Marjoram
- Neroli
- Verbena



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Basil should not be used during pregnancy and if used in excess can act as a depressant.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About *The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



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