



## Product Information and Traditional & Alternative Uses

Basil essential oil is derived by steam distillation from the *Ocimum basilicum* plant. It belongs to the Lamiaceae plant family, and like many other herbal plants, basil has been used for centuries as a food additive. Today, basil essential oil is used to promote healing for various wounds and infections. As well as a calming agent for inflammation, and has been indicated for its positive benefits for adrenal fatigue, and nerve issues and muscle conditions.

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|---------------------|-----------------------|-----------------|
| 1 ANTIBACTERIAL     | 5 INSECT BITE         | 9 EAR INFECTION |
| 2 ANTIFUNGAL        | 6 INSECT REPELLANT    |                 |
| 3 KIDNEY CONDITIONS | 7 MUSCLE RELAXANT     |                 |
| 4 COLD AND FLU      | 8 LACTATION STIMULANT |                 |

### Primary Action - Antimicrobial:

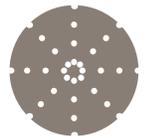
**ANTIBACTERIAL/ANTIFUNGAL:** Add 8-10 drops to 8oz spray bottle use to clean surfaces. Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse for airborne pathogens.

**COLD AND FLU:** Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day. Make a vapor rub. 1/4 cup of sweet almond oil, 1/4 cup camelina oil, 1/4 cup grated beeswax, 20 drops of Aeroma basil, 20 drops Aeroma Eucalyptus, 10 drops Aeroma peppermint. Pour carrier oils and beeswax in a glass jar. Place in a saucepan with a couple of inches of water over medium-low heat. Allow oil and beeswax to melt. Stir to combine remove from heat allow to slightly cool and add essential oils.

**EAR INFECTION:** Combine two drops each of Aeroma basil, frankincense, and eucalyptus. Apply 1-2 drops behind the ear and on the bottom of the feet.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*\*Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.



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