

Essential oils at a glance - Basil

Dr Gillian Hale

Oil of the month – Basil

Name of oil:	Basil	Latin name:	<i>Ocimum basilicum</i>
Description of plant:	A half-hardy or tender herb with highly aromatic leaves. Native to tropical Asia and the Middle East, but cultivated throughout Europe	Nature of oil:	Colourless or pale yellow liquid with a light, fresh sweet-spicy aroma. Its odour effect is first enlivening, then warming and comforting
Method of oil extraction:	Steam distillation of the flowering tops and leaves	Blends well with:	Bergamot, clary sage, frankincense, geranium, neroli
Specific precautions required:	Avoid during pregnancy. Irritant to the skin in high concentration		
Aromatherapeutic properties:	Muscular aches and pains, respiratory disorders, scanty menstruation, colds and influenza, mental fatigue, anxiety and depression		

Information from: Wildwood C. *Aromatherapy*. Bloomsbury Publishing Plc, 1996.

For more information on essential oils and, specifically, their role in stress management, visit:

<http://www.aromatherapy-stress-relief.com/stressatwork.html>

Dr Gillian Hale is co-founder of [Aromatherapy-stress-relief.com](http://www.aromatherapy-stress-relief.com),

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