
TOP 10 USES FOR BASIL OIL

- 1. Immune Boosting:** Add Basil oil to any combination of essential oils you have, take internally or simply rubbing on the bottom of your feet.*
- 2. Occasional Earaches:** Basil with Geranium (1:1) applied on the bones behind the ears and down the Eustachian tubes. Never put oils directly into the ear canal. Dilute for sensitive skin.*
- 3. Adrenal Fatigue:** Blend together 2 drops Basil, 2 drops Rosemary & apply to bones behind the ears. Rub hands together and make warm & then inhale. Great for long drives to stay clear.*
- 4. Occasional Menstrual Cramps:** Mix a container 3 drops Basil with 3 drops Clary Sage & dilute with 3 drops Fractionated Coconut oil apply 3- 4 drops at a time on abdomen for relief.* (Dr. Sue Lawton)
- 5. Increase Milk Supply:** Rub Basil and/or Fennel all over the beasts 3-4 times a day avoiding nipples.* (Stephanie Fritz LM, CPM)
- 6. Occasional Migraine Headache:** 4 drops Basil, 3 drops Ylang Ylang, 3 drops Marjoram, 6 drops Fractionated Coconut Oil-gently blend & apply to back of neck, muscles at base of neck & on temples*(Dr. Sue Lawton)
- 7. Hornet, Wasp, and Bee Stings:** Basil 2 drops, Lavender 4 drops, Fractionated Coconut Oil 4 drops. Put into spritzer bottle & spritz directly onto site of sting every ½ hour.* (Dr. Sue Lawton)
- 8. Shoulder Warmer:** Blend 3 drops Basil, 3 drops Wintergreen, 4 drops Peppermint, and 8 drops Fractionated Coconut Oil. Apply 3-4 times a day. Drink plenty of water.* (Dr. Sue Lawton)
- 9. Liver Support:** 4 drops Basil, 4 drops Myrrh, 4 drops Cypress, and 8 drops Fractionated Coconut Oil. Gently blend & apply over liver and on the vita flex points for liver on the feet & hands.*
- 10. Leg Cramps/Charley Horses Massage:** Mix 4 drops Basil, 2 drops Lemongrass, 2 drops Marjoram, and 6 drops Fractionated Coconut Oil. Gently blend and apply to calves that have the cramps.*

*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.

