

BASIL

OCIMUM BASILICUM

Country of Origin: India

Steam Distilled from flowering plant

Sweet Basil (*Ocimum basilicum*) is a steam-distilled oil drawn from the flowering plant, valued for its sharp, herbaceous aroma and its strong affinity for the nervous system. Naturally rich in compounds like methyl chavicol and linalool, it carries a stimulating yet balancing character - known for helping sharpen focus, steady mental activity, and support a more organized, attentive state. Traditionally, basil has been used as a "thinking oil," brought in when the mind feels scattered, fatigued, or under strain.

Its aroma is green, slightly sweet, and distinctly herbal, with a penetrating quality that helps cut through mental fog and restore clarity. It is often used during periods of intense focus, study, or decision-making, as well as times of nervous tension where the system feels overstimulated but unfocused.

In both aromatic and traditional use, sweet basil has been regarded as a strengthening oil - supporting not just clarity of thought, but the body's response to stress, tension, and fatigue. It works with intention, helping bring steadiness and a more grounded sense of control to both mind and body.

FUNCTIONAL CONSTITUENTS

Methyl Chavicol (Estragole) The primary constituent in sweet basil oil, methyl chavicol contributes to its distinctly sharp, stimulating character. It is associated with supporting mental clarity, focus, and alertness, while also playing a role in digestive activity and easing occasional spasmodic tension.

Linalool A balancing monoterpene alcohol that softens basil's intensity, linalool is known for its calming effect on the nervous system. It helps reduce feelings of stress and tension, creating a more steady, composed mental state without dulling clarity.

1,8-Cineole (Eucalyptol) This oxide contributes a subtle fresh, penetrating quality to the oil. It is associated with respiratory support and mental stimulation, helping promote clear breathing and a more alert, focused state.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10237160/>
<https://pubmed.ncbi.nlm.nih.gov/35046828/>
<https://pubmed.ncbi.nlm.nih.gov/31801507/>



HOW WE SOURCE

Sweet basil oil is shaped by the quality of the plant and the timing of its harvest. We look for *Ocimum basilicum* grown in warm, stable climates and harvested at peak flowering, when its chemistry is fully developed and balanced.

The aerial parts are steam distilled shortly after harvest to preserve their volatile compounds. Because basil is sensitive to handling, careful processing and proper storage are essential to maintain its clarity and strength. We look for oil that is clean, green, and sharply herbaceous - never dull, overly sweet, or harsh.

OUR BASIL IS:

- ✓ Steam distilled from the flowering plant
- ✓ Unrefined and not standardized
- ✓ Harvested at peak flowering for full character
- ✓ Distilled promptly to preserve volatile compounds
- ✓ Green, herbaceous, and well-defined

We look for oil that carries a clear, focused herbal profile with natural intensity—an immediate sign of proper harvest and careful distillation. Flat or harsh oil is often a sign of poor handling or imbalance, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Fresh, green aroma*
- Clear, herbal profile*
- Balanced intensity*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Overly sweet scent*
- Harsh or sharp aroma*
- Adulterated/extended oil*
- Clear or plastic packaging*

HOW TO USE BASIL

Sweet basil is commonly used when the goal is focus, clarity, and nervous system support. It fits easily into daily routines through aromatic, topical, and internal use.

Aromatic

Diffuse 2–5 drops or inhale directly in short intervals to support focus and mental clarity.*

Internal

Use sparingly in cooking or dilute in a carrier (1 drop). Often used to support digestion and reduce occasional stomach discomfort.*

Topical

Dilute with a carrier oil and apply to temples, neck, or abdomen. Commonly used to ease tension and support a more relaxed, focused state.*

Bath

Add 3–5 drops to bath salts before dispersing in warm water. Often used to help settle nervous tension and promote relaxation.*

WHAT IT SUPPORTS

Sweet basil is traditionally used when the goal is focus, clarity, and nervous system balance. It supports:

- Mental focus and concentration*
- Nervous system balance and stress response*
- Digestive comfort and function*
- Occasional muscle tension and spasms*
- Respiratory clarity*

Used consistently, it helps the body feel more steady, focused, and responsive - supporting both mental clarity and physical ease.

BASIL IN THE STILLROOM

Sweet basil has long been kept in the stillroom as a focusing oil - used when the mind feels scattered, fatigued, or pulled in too many directions. Distilled from the flowering plant of *Ocimum basilicum*, it is associated with clarity, direction, and steady mental engagement.

It is often reached for during periods of strain, study, or mental overload. This is not a soft or passive oil. It works with precision, helping sharpen attention and settle nervous tension so the mind can stay present and on task. Used in small amounts, it supports a more organized, responsive state without dulling awareness..

MORE WAYS TO USE BASIL

Study Sessions

Diffuse in short intervals while working or reading. Commonly used to help maintain focus without mental fatigue.*

Tension Points

Apply diluted oil to shoulders or back of neck during periods of stress. Often used to ease tightness from prolonged concentration.*

Pre-Task Clarity

Inhale from palms before meetings or mentally demanding tasks. Helps bring quick focus and direction.*

Digestive Support Blend

Combine with ginger or fennel in a carrier oil for abdominal massage after meals.*

Steam Inhalation

Add 1–2 drops to a bowl of hot water and inhale gently. Often used to support clear breathing during seasonal discomfort.*

CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.



ZILARA

BASIL
ocimum basilicum
STEAM DISTILLED • INDIA



10 mL / 0.34 fl oz

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, diffuse for 10 minutes per hour.

Supplement Facts
Basil Essential Oil
Serving Size: 10 drops
Servings Per Container: About 200

Amount Per Serving 2SDV
% Daily Value
Basil Essential Oil 100%
Ocimum basilicum from India. Steam distilled from fresh leaves.
2023/10/26 (2021) has been used.

Caution: Keep out of reach of children. Avoid contact with eyes. Discontinue use if irritation occurs. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.



© 2023 Zilara, Inc. All rights reserved.
Manufactured by Green Organics, LLC
Cincinnati, OH 45245
GreenOrganics.com • 616.655.1111
Basil, Ocimum