

# Basil Essential Oil: Benefits, Properties, Applications, Studies, and Recipes

Basil essential oil is extracted from the leaves of the basil plant, which is native to India. Basil has been used for centuries in traditional medicine for its therapeutic properties. The essential oil is extracted through steam distillation and has a sweet, spicy, and herbaceous aroma.



## Basil Essential Oil: Benefits, Properties, Applications, Studies & Recipes by Micki McWade

★★★★☆ 4 out of 5

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## Benefits of Basil Essential Oil

Basil essential oil has a wide range of benefits, including:

- **Antioxidant:** Basil essential oil contains antioxidants that help to protect the body from damage caused by free radicals.
- **Anti-inflammatory:** Basil essential oil has anti-inflammatory properties that can help to reduce inflammation in the body.

- **Antibacterial:** Basil essential oil has antibacterial properties that can help to kill bacteria and prevent infections.
- **Antifungal:** Basil essential oil has antifungal properties that can help to kill fungi and prevent fungal infections.
- **Antispasmodic:** Basil essential oil has antispasmodic properties that can help to relax muscles and relieve spasms.
- **Digestive:** Basil essential oil can help to improve digestion and relieve digestive problems such as gas, bloating, and constipation.
- **Nervine:** Basil essential oil has nervine properties that can help to calm the nerves and reduce stress and anxiety.
- **Immune-boosting:** Basil essential oil has immune-boosting properties that can help to strengthen the immune system and protect the body from illness.

## Properties of Basil Essential Oil

Basil essential oil has the following properties:

- **Appearance:** Clear, pale yellow liquid
- **Aroma:** Sweet, spicy, and herbaceous
- **Density:** 0.910-0.925 g/mL
- **Refractive index:** 1.480-1.490
- **Flash point:** 65°C
- **Solubility:** Insoluble in water, soluble in alcohol and oils

## Applications of Basil Essential Oil

Basil essential oil can be used in a variety of applications, including:

- **Aromatherapy:** Add a few drops of basil essential oil to a diffuser or humidifier to enjoy its benefits.
- **Topical application:** Dilute basil essential oil with a carrier oil and apply it to the skin for its therapeutic benefits.
- **Inhalation:** Inhale basil essential oil directly from the bottle or from a tissue for its respiratory benefits.
- **Internal use:** Take 1-2 drops of basil essential oil in a capsule or on a teaspoon of honey for its internal benefits.

## **Studies on Basil Essential Oil**

There is a growing body of research that supports the traditional uses of basil essential oil. Some of the most notable studies include:

- **A study published in the journal "Phytotherapy Research" found that basil essential oil was effective in reducing inflammation and pain in rats with arthritis.**
- **A study published in the journal "Antimicrobial Agents and Chemotherapy" found that basil essential oil was effective in killing a variety of bacteria, including E. coli and Staphylococcus aureus.**
- **A study published in the journal "BMC Complementary and Alternative Medicine" found that basil essential oil was effective in reducing stress and anxiety in humans.**

## **Recipes Using Basil Essential Oil**

Basil essential oil can be used in a variety of recipes, including:

- **Basil essential oil diffuser blend:** Add 5 drops of basil essential oil, 3 drops of lavender essential oil, and 2 drops of lemon essential oil to a diffuser.
- **Basil essential oil massage oil:** Dilute 5 drops of basil essential oil in 1 ounce of carrier oil, such as jojoba oil or almond oil. Massage the oil into the skin for its therapeutic benefits.
- **Basil essential oil bath:** Add 5 drops of basil essential oil to a warm bath. Soak in the bath for 15-20 minutes to enjoy its relaxing and calming benefits.
- **Basil essential oil tea:** Add 1 drop of basil essential oil to a cup of hot water. Steep for 5-10 minutes and enjoy.

Basil essential oil is a versatile and therapeutic essential oil with a wide range of benefits. It can be used in aromatherapy, topical application, inhalation, and internal use. Basil essential oil is a valuable addition to any natural medicine cabinet.

If you are interested in learning more about basil essential oil, I recommend the following resources:

- Basil Essential Oil: A Review of Its Therapeutic and Pharmacological Properties
- Basil: Health Benefits, Uses, and Side Effects
- Basil



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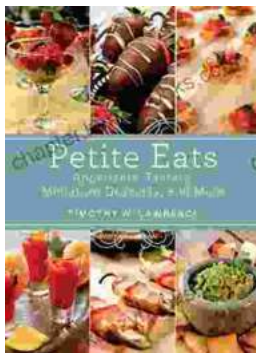
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