

BASIL, HOLY (TULSI)

Ocimum sanctum

Holy Basil also known as Tulsi, has an earthy, herbaceous presence and hints of clove, licorice, mint, and lemon. It is not as pungent as other basil varieties. Its strong aroma invokes mental clarity, peace of mind, and heightened consciousness. It's been revered in India for over five thousand years as a healing balm for body, mind, and spirit, and is known to bestow an amazing number of health benefits.

Holy Basil is rich in antioxidants and well known for its restorative powers. Its benefits include relieving stress, bolstering immunity, enhancing stamina, providing support during cold season, and promoting a healthy metabolism.

Holy Basil contains hundreds of beneficial compounds known as phyto-chemicals. Working together, these compounds possess strong antioxidant, antibacterial, antiviral, adaptogenic, and immune-enhancing properties that promote general health and support the body's natural defense against stress and diseases. When blended with Rose, Geranium, rose; and Ylang Ylang Complete, Holy Basil is an excellent tonic for healing grief in the heart or any kind of sadness.

Some of Holy Basil's effects are quite immediate, while others develop gradually after weeks of regular use. For example, you may feel more relaxed and energized after the first application. Although Tulsi has many specific effects on different body systems, its main benefits arise from its impressive general capacity to assist the body's natural process of healing and maintaining health.

Holy Basil's overall health promotion and disease prevention effects are powerful, but often subtle. For example, you may simply notice that you do not seem to be bothered by stress or common illnesses, such as colds or flu, nearly as often as before. Or you may notice that you generally tire less easily.

daily uses

DIFFUSION

- Diffuse in 15 minute intervals throughout the day to purify and cleanse the air; supporting the respiratory, nervous, and digestive systems while protecting the body from environmental toxins.

INHALATION

- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as needed. Combine with Eucalyptus for added benefit.

TOPICAL

- Add 10 drops per ounce of carrier oil and massage onto neck to reduce fever.
- Add 5 drops to 1 cup warm water, put cloth in the water, wring out lightly and apply to abdomen to relieve digestive upsets.
- Add 2 drops per ounce to personal care products for use as a skin toner.
- Apply neat (undiluted) on location to relieve bone pain or to support the body in mending broken bones.
- Mix 10 drops of Holy Basil, 20 drops of Lavender, fine, and 5 drops of Chamomile, roman into 4 ounces of massage or carrier oil and enjoy a relaxing, rejuvenating massage.

RESPONSIBLE CAUTIONS

- Use as directed, and adhere to reasonable cautions at www.godesana.com/cautions.asp
- Store at room temperature with lids securely tightened.
- Keep away from sunlight.

Essential Singles

attributes

Wild Harvested

Producing Organ

Flowering Tops & Leaves

Extraction

Steam distillation

Country of Origin

India

Therapeutic Properties

Nerve tonic, fever, mucilage, expectorant, reduces cholesterol, stress relief, infections, ulcerations, curative for insect bites, antibacterial, anti-viral, depression, fatigue, insomnia, migraines, digestive tonic, heart tonic



Available in:
10ml Bottle

QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.



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