

## Basil (linalool)

Emotions	energizing
Uses	acne, allergies, anxiety, arthritis-rheumatoid, asthma, bronchitis, cellulite, cold, concentration, <b>constipation</b> , <b>convalescence</b> , cough, cystitis (<1/3), cysts, gout, dandruff, <b>depression</b> , <b>digestive problems</b> , <b>ear ache</b> , <b>epilepsy</b> , exhaustion, <b>fainting</b> , <b>fatigue-mental</b> , fever, flatulence, flu, gout/podagra, hair-greasy, hair-loss, headache-stress, hernia-hiatus, hernia-inguinal, <b>herpes simplex</b> , hiccups, <b>indigestion/dyspepsia</b> , infertility-male, <b>insect bite</b> , <b>insect repellent</b> , <b>insomnia</b> , <b>memory enhancement</b> , menstrual-bleeding-irregular/light, menstrual cramps, <b>mental exhaustion/fatigue</b> , <b>migraine</b> , muscle-ache, muscle-athletic competition (increased performance), muscle-conditioning-running, <b>muscle-cramps</b> , <b>muscle-spasm</b> , muscle-toning, muscle-back pain, <b>nausea</b> , <b>nausea-vomiting</b> , <b>nervous tension</b> , Parkinson's disease, <b>sinusitis</b> , <b>skin-cleansing</b> , skin-neck, skin-oily, skin-toning, stimulating (mild), sting-wasp, <b>stomach cramps</b> , <b>stress</b> (environmental/mental), <b>tonic</b> , <b>tonic-stomach</b> , torticollis/wry neck, <b>whooping cough</b>
Properties	analgesic, <b>antidepressant</b> , antiseptic, antispasmodic, anti-venomous, <b>astringent</b> , carminative, <b>cephalic</b> , diaphoretic, <b>digestive</b> , <b>emmenagogue</b> , <b>expectorant</b> , febrifuge, galactagogue, insecticide, nervine, prophylactic, restorative, <b>stimulant</b> (adrenal cortex), stomachic, sudorific, <b>tonic (body strengthening/stomach)</b>
Constituents	linalool, 1.8-cineole, eugenol, bergamontene (alpha-CIS), Germacrene D, others
Scent/Note/Viscosity	sweet, spicy, warm; top note; clear to pale yellow; watery viscosity.
Best Mixed With	Bergamot, Black Pepper, Cedarwood, Citronella, Clary Sage, Cypress, Fennel, Geranium, Ginger, Hyssop, Jasmine, Juniper, Grapefruit, Lavender, Lemon, Orange, Palmarosa, Pine, Rosemary, Tea Tree, Thyme L (Coriander, Lime, Marjoram, Neroli, Verbena)
<b>Warning:</b>	Do not use with Liver problems or if you are pregnant.

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