

PRODUCT SUMMARY

Basil+ (Ocimum basilicum) has a sweet, warm scent and flavour. This herb is found in a variety of dishes and is popular in both Asian and European cooking. With Basil+ essential oil, it's easy to add this well-loved seasoning to whatever you like. Using an essential oil, you'll get a brighter flavour than dried herbs without the hassle of fresh herbs.

WHY WE LOVE IT

Young Living's Basil+ pairs well with savoury foods, but you can also add its sweet, slightly peppery flavour to any meal. Try Basil+ oil with sauces, breads, soups, chicken or seafood. Or try a sweet concoction like basil-strawberry lemonade. If you want a lighter basil flavour in your dish, dip a toothpick in the oil and swirl it in your dishes.

HOW TO USE

- Flavour your favourite pasta sauce recipes with Basil+. Add Rosemary+ or Oregano+ for even more flavour.
- Add to deli salads, Asian- or Italian-inspired soups and salad dressings or vinaigrettes to share with family and friends.
- Boil pasta in basil-infused water for a subtle flavour.
- Pair with lime juice and melons, such as watermelon and cantaloupe, for a fresh summer treat. For a more complex flavour profile, garnish with feta.
- Mix with a mild tea, such as chamomile. Add a dash of honey to sweeten the experience.
- Dilute 1 drop with 4 drops of carrier oil. Put in a capsule and take 1 daily.



INGREDIENTS

Basil (Ocimum basilicum)* leaf oil
*100% pure essential oil

CAUTIONS

Keep out of reach of children. Avoid contact with eyes. If you are pregnant, nursing, taking medication or have a medical condition, consult a health care professional prior to use. If contact with skin occurs, avoid direct sunlight and UV rays for up to 12 hours. Plus essential oils should not be used as a substitute for a varied diet. Do not exceed the recommended daily dose.