



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

Welcome to our new newsletter - ***Learn with Lianne***. Each week, we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

BASIL ESSENTIAL OIL

This week we are featuring Basil Essential Oil. It is one of my favourite smells and for me, is reminiscent of Sambuca and loads of teenage shenanigans. Basil has a sweet, herbaceous and vibrant aroma, and is very refreshing, uplifting and restorative.

Historically it is known as the "King among plants" and protects against unfortunate destinies and evil spirits. During the Middle Ages, it was prescribed for melancholy and depression. In this day and age, Basil is probably best used for its effects on the nervous system. It can clear the head, help with brain fatigue and give some strength and clarity to the mind.

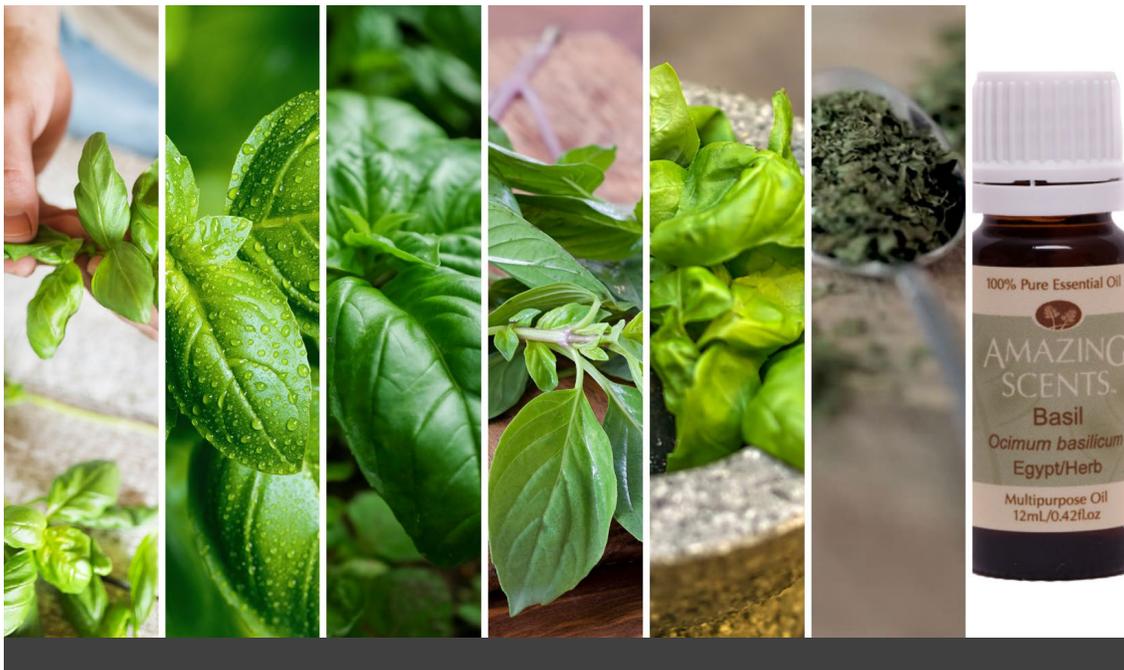


Basil is a must-have in your essential oil collection, but growing your own fresh basil is easy to do too. The plant is super easy to grow in pots or in your own herb garden and gives you access to it for so many great recipes. Add a leaf or two to your own homemade pizza, slice some and add to pasta dishes. Or make some fresh basil pesto, a simple and easy way to use lots of leaves.

You can dry it out, then crush it using a mortar and pestle. Then store it in an airtight container. Or you can freeze the leaves for a later day.

Tips for using Basil

- Feeling sad or melancholy? Add a drop to your diffuser along with Lemon and Sweet Orange.
- Got muscular aches and pains? Make a blend of Basil, Marjoram, Black Pepper, and Lavender into your favourite carrier oil and massage it into those sore and painful muscles,
- Got the hiccups? Try smelling a drop of Basil on a tissue. It should relieve them quickly.
- Need some relief from sinus congestion or other respiratory issues? Basil is your friend. It can help loosen mucous build-up and reduce fever. Use your inhaler cup, and get instant relief.
- It's also great as a hair tonic, especially when blended with rosemary and lavender.
- Feeling nauseous? Grab your bottle of Basil, and relief is at hand
- Blt gassy? Smell Basil as it can help expel the gas from your intestines.
- Mental fatigue kicked in? Alleviate the fatigue with a blend of Basil, Peppermint, Pine and Lemon.
- Period cramps can be eased with the assistance of Basil.
- Basil is contraindicated during pregnancy



Do you have any other suggestions for people on how they can use Basil essential oil? Email us at socialmedia@amazingscents.com.au and we will share in future editions of our newsletter



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