

BASIL ESSENTIAL OIL

SOOTHING TO MUSCLES AFTER A WORKOUT
AND CLEARS THE MIND!



Basil Essential Oil was used traditionally to ease muscle discomfort after exercise. Its herbaceous scent restores mental alertness, and may also sharpen your sense of smell.

Today, did you know that Basil is best known for its soothing properties?

Yes, if you have any muscle discomfort following a work out or exercise then reach for basil essential oil - it can smooth muscles especially ones that are tired and fatigued.