

Sage Organic Essential Oil (10ml)

 lilyandloafinternational.com/products/sage-10ml

Lily and Loaf
Salvia officinalis

£ 18.16 GBP

7130

- Diffuse for a sweet aroma that is uplifting, cleansing and enhances clarity and spiritual awareness
- Massage after blending for a sweet aroma that is uplifting, cleansing and enhances clarity and spiritual awareness
- Apply diluted dry, to troubled skin, or for relief of insect stings
- Blends well with Bergamot, Lavender, Lemon, Geranium, Orange, Tea Tree and Rosemary
- Full 90-day money-back guarantee

A soft, yet sweet, aroma, sage offers cleansing and purifying properties. Emotionally and mentally uplifting, enhancing spiritual awareness. Slightly camphorous for clearing airways.

Sage Essential Oil is extracted from the leaves of the *Salvia Officinalis* through steam distillation. Introduced to Britain by the Romans, sage has been cultivated for centuries for its culinary and medicinal properties.

It has become known for its ability to strengthen the senses and has been used for centuries to enhance spiritual awareness, and bring about cleansing and purification.

Sage is believed to be beneficial to troubled skin, and to ease the stings from insect bites. Sage is also used to reduce tension and soothe muscle, uplift the senses and dispel mental fatigue and anxiety. Useful for relieving the airways and relieving congestion.

Aromatic Description: Sweet, camphorous

Plant Part: Aerial parts

Source: France

Extraction method: Steam distillation

How to use essential oils

Massage – Both body and facial massage can benefit from the intoxicating aroma of essential oils. Always ensure that you add the essential oil to a carrier oil first, and never apply directly to your skin. A carrier oil, also known as base oil, is used to dilute essential oils before they are applied to the skin.

Bathing – There is no better way to unwind than in an essential oil bath, calming oils like Lavender and Clary Sage are especially relaxing. Add 5-10 drops in a bath and disperse vigorously before entering the bath.

Steam inhalation – This is a really good way of helping to relieve blocked sinuses or congestion. Eucalyptus is one of the most popular oils for this. Fill a large bowl with hot (not boiling water), add 3-4 drops of your chosen oil then lean over the bowl placing a towel over your head and slowly breathe in until you start to feel relief.

Diffusers – There are many diffusers available, one of the most popular being an ultrasonic diffuser which uses water to create a fine mist. These are a great way of enjoying oils throughout the day in your home or office space. Citrus oils are particularly uplifting. Ideally leave your diffuser on for up to an hour at a time, leaving it off for a similar amount of time.

Cautions

Possible skin sensitivity - may cause skin sensitising or irritation. Avoid if you suffer from high blood pressure or epilepsy. External use only. Do not use undiluted on the skin. Avoid contact with eyes, ears, mucous membranes, and sensitive areas. If you are pregnant, nursing, or using prescription medication, consult your Doctor or qualified health care practitioner before using essential oils. Not recommended for use on children under 12 years. Store in a cool dry place, out of reach and sight of children. Do not ingest essential oils. Never use undiluted.

Why should I buy from Lily & Loaf?

Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensures that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course our 90-day money back guarantee!

90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

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We offer a fast delivery service across the UK and indeed throughout the world. So, no matter where you live, buying from Lily & Loaf is a simple and risk free process. Start your journey today with Lily & Loaf. We know that when you try our products, you'll become a Lily & Loaf lover too.

Ingredients

Salvia officinalis

Aromatic Description: Sweet, camphorous

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Recommended Use

- Massage or topical use - Add 3-5 drops per 10ml of carrier oil
- Diffuser - Add 4-5 drops to cold water

- Inhalation - Add 2-3 drops to hot water
- Bathing - Add 5-10 drops to water or carrier oil, stir into bathwater

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