



SAGE Organic Essential Oil



Botanical Name: *Salvia officinalis*

Main Constituents:

Camphor: 19.2%

1, 8-Cineol: 13%

a-Thuyone: 18%

Plant Part: Leaves

Origin: Spain

Processing Method: Steam Distilled

Child Safe: See safety precautions below.

Description / Color / Consistency: A thin, clear, pale yellow to greenish yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A top note with a medium aroma, Sage Essential Oil has a herbaceous scent with strong musty notes.

Certified Organics: This Organic Oil is NOP Certified. The National Organic Program develops, implements, and administers national production, handling, and labelling standards for organic agricultural products. The QAI also accredits the certifying agents (foreign and domestic) who inspect organic production and handling operations to certify that they meet USDA standards.

ABOUT THE PLANT

Also known as 'Dalmatian' and 'Garden' Sage, this is the common herbaceous aromatic plant found in semi-arid regions the world over. A member of the illustrious mint family, Sage typically reaches a meter (~3 feet) in height with distinctly oval, fuzzy leaves and produces a large number of blueish violet blossoms. A native species to the Mediterranean, it is now predominantly cultivated in Albania, Turkey, Greece and Italy.

ABOUT THE OIL

This pale yellow essential oil is steam distilled from the leaves and twigs of Sage plants organically grown in Greece. Our Sage Essential Oil has a warm, spicy, herbaceous and mild camphoraceous aroma—delightfully fresh and invigorating! Sage is energizing and clears the head as well as the negative energy in a space.

Suggested Use



GENERAL

protects cells against oxidative damage
strengthens
enlivens

SKIN CARE

reduces redness
diminishes swelling
reduces scarring
minimizes stretch marks
helps heal burns and wounds
encourages cell regeneration
reduces perspiration
neutralizes microbes
firms and contracts exposed tissue
reduces moisture loss
tones and restores venous circulation
promotes the healing of tissues
neutralizes insects
encourages hair growth
Specifically for blemished skin.

IMMUNE SYSTEM

stimulate IMMUNE SYSTEM
reduces body temperature
neutralizes microbes

RESPIRATORY SYSTEM

aids in the expulsion of mucous
stimulates the bronchi

MUSCULOSKELETAL SYSTEM

relaxes cramping

DIGESTIVE SYSTEM

stimulates digestive system
increases appetite
neutralizes microbes
promotes urination



helps maintain kidney action
settles digestion
increases absorption in the intestines
promotes normal peristalsis
assists the body's natural eliminatory response

CIRCULATORY SYSTEM

increases blood flow to extremities
increases circulation
decreases listlessness

REPRODUCTIVE SYSTEM

promotes and regulates menstruation

NERVOUS SYSTEM

uplifts mood
stimulates nervous system
clears the head
relieves intellectual fatigue
strengthens and clarifies the mind
increases focus and attention span

ENERGETICS

Sage is drying and astringent. Very effective for deficiencies of Qi, it is recommended for nervous exhaustion and convalescence.

SUBTLE AROMATHERAPY

Sage is excellent for meditation and visualizations for developing wisdom. It clears the head, lifts feelings of despair, and clarifies in times of confusion.

Application

INHALATION

direct inhalation, diffuser, oil vaporizer

Aromatically, Sage essential oil can be mentally stimulating, helping one cope with despair and mental fatigue. It also assists in detoxifying the body, regulating circulation and supporting metabolism.

The oil may support the balancing of hormones for women, bringing positive energy to the pelvic chakra where negative emotions from denial and abuse can be stored.



TOPICAL

massage, compress, bath, ointment, skincare

Its regenerative and detoxifying properties make it popular in formulas for cellulite, acne, stretch marks, healing old and keloid scars, and hair growth formulas.

Sage is highly regenerative for the skin and scalp—though this comes with a caveat: high levels of the ketone thujone call its safety into question. Some therapists don't condone using it at all, some say the essential oil should only be used by professional aromatherapists, and some say that in therapeutic dilutions it is usable for most folks (do not use if pregnant, epileptic, hypertensive, or with children under 12).

If you are using this essential oil topically be sure to keep the dilution as low as possible. This is a very powerful oil and should be used with care. Very small amounts, 1% or less, should be sufficient to trigger the oil's biological signaling action.

INGESTION

DO NOT INGEST UNLESS UNDER MEDICAL SUPERVISION.

Safety

Always test a small amount first for sensitivity or allergic reaction.

Do not use if: pregnant, epileptic, hypertensive, under 12 years of age.

IMPORTANT: Sage officinalis essential oil contains relatively high levels of thujone, a ketone that is toxic. Thujone is known to induce convulsions if used in too high a dose and should be avoided altogether during pregnancy (it is an abortifacient), with children under 12, or by individuals with a history of epilepsy or other seizures or high blood pressure. This essential oil is not recommended for internal use unless under medical supervision.

Because of Sage's ketone content, it should be used sparingly and only as needed; not ongoing.

****These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).

