

# SAGE

## *Salvia officinalis*



### Essential Singles

Sage oil is capable of inhibiting fungal infections (including candida) and externa. Gives relief from infections like dysentery, thrush, athlete's foot, dermatitis, ect. Its antioxidant and anti-inflammatory properties make it useful on the skin as an anti-aging, anti-scarring, and anti-spot product. It is a cholagogue, meaning it promotes the discharge of bile which can aid digestion, soothe the stomach, and reduce inflammation caused by excessive acid.

**FUNGICIDAL,  
ANTI-INFLAMMATORY,  
EMMENAGOGUE**

Improves blood circulation. It may help those with chronically low blood pressure. Not recommended for use with high blood pressure. In cases of varicose veins, it can be blended with Cypress and Rosemary ct. Verbenone to improve circulation.

Excessive cholesterol may be reduced by using Sage, Rosemary ct. Verbenone, Cypress, Lemon, and Peppermint. Regulates sweating, whether excessive or insufficient. Like Clary Sage, it mimics the hormone estrogen, which encourages clean menstruation and can provide rapid and welcome relief from conditions like hormonal headache, cramps, nausea, weakness, depression, ect. during periods. It can quickly become abortifacient, so is not recommended for pregnant women. Its qualities also suppress lactation, and can be a help to stop milk from coming in if necessary.

Blended with Niaouli, Ravensara, and carrier oil, it is known to fight genital herpes. Since Sage is a nerve stimulant, those with a history of epilepsy or high blood pressure should avoid using it. Further, because it contains camphor and camphene, it should be used only in small amounts and should not be used on children.

**Available in: 10ml Bottle**

## daily uses

### BATH

- For relief from painful periods, combine 10 drops with 1/2 cup Pink Himalayan or Dead Sea salt and stir into a warm bath.

### INHALATION

- To help relax and stimulate right or sore throat, apply 2 drops on hands, rub together, cup over nose and mouth, and inhale deeply as needed.

### MASSAGE

- Add 2 drops per tbsp of your favorite massage oil blend for added relieve of muscle pain, particularly in cases of rheumatism.

### TOPICAL

- 2-3 drops applied topically can help heal fungal skin infections such as dermatitis, athlete's foot, ect. Mix with carrier oil if needed.
- To soothe pain from indigestion, sour stomach, and cramps, mix 4 drops Sage, 6 drops lemon, and 4 drops Peppermint with 1 tbsp carrier oil and gently massage onto abdomen area.

### RESPONSIBLE CAUTIONS

Not for internal use. Due to its hormonal qualities, Sage is not recommended for use while pregnant or breast feeding. Should also be avoided by individuals with high blood pressure or epilepsy. Do not use on children.

## attributes

### PRODUCING ORGAN

Leaves

### EXTRACTION

Steam distillation

### COUNTRY OF ORIGIN

Albania

### PROPERTIES

Anti-inflammatory, antibacterial, antioxidant, antiseptic, antispasmodic, antiviral, astringent, digestive, diuretic, emmenagogue, febrifuge, hypertensive, insecticidal, laxative, mucolytic, stomachic, tonic, vulnerary.



### QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

