

# Sage

salvia officinalis 10ml

Sage essential oil is capable of inhibiting fungal infections (including candida) and can provide relief from infections like dysentery, thrush, athlete's foot, dermatitis, etc. 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.\*

Sage improves blood circulation. It may help those with chronically low blood pressure, but is 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.\*

Sage mimics the hormone estrogen, which encourages clean menstruation and can provide rapid and welcome relief from conditions like hormonal headache, cramps, nausea, weakness, depression, etc. 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, Ravintsara, and carrier oil, Sage is known to fight genital herpes. Since it is a nerve stimulant, those with a history of epilepsy or high blood pressure should avoid using Sage. Further, because it contains camphor and camphene, it should only be used in small amounts and should never be used on children.\*

## USES

### aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser in 15-minute intervals throughout the day to improve cognitive skills.\*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.\*

### bath

- **Bath:** Add 8 to 10 drops to ½ cup of Pink Himalayan or Dead Sea bath salts and mix into warm bath water for relief from painful periods.\*

### topical

- **Massage:** Add 2 drops per tablespoon of massage or carrier oil for relief of muscle pain, particularly in cases of rheumatism.\*
- **Massage:** To soothe pain from indigestion, sour stomach, and cramps, mix 4 drops Sage, 6 drops lemon, and 4 drops Peppermint with 1 tablespoon of carrier oil and gently massage onto abdomen area.\*
- **Skincare:** Apply 2 to 3 drops topically to help with fungal skin infections such as dermatitis, athlete's foot, etc. Mix with carrier oil if needed.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).\*

goDesana

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## application methods

Aromatic • Bath • Topical

## safety group: 4

Never recommended for children or while pregnant or nursing.

## properties

Wildcrafted

**Producing Organ:** Leaves

**Extraction:** Steam Distillation

**Country of Origin:** Albania

**Main Chemical Constituents:** Thujone, cineol, borneol

**Therapeutic Properties:** Anti-inflammatory, antimicrobial, anti-oxidant, antiseptic, antispasmodic, astringent, digestive, diuretic, emmenagogue, febrifuge, hypertensive, insecticidal, laxative, stomachic, tonic

## responsible cautions

- Not for internal use.
- Due to its hormonal qualities, not recommended for use while pregnant or breastfeeding.
- Should be avoided by individuals with high blood pressure or epilepsy.
- Do not use on children.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*