

Sage – (Low thujone) *Salvia officinalis*

Country of Origin: England

About the oil

Distilled From: Dried leaves

Aroma & appearance: Pale yellow, amber color with a fresh, warm, slightly spicy, and camphoraceous odor.

Some beneficial ways of enjoying the oil:

Sage is not advocated for safe therapeutic use because of the chemical make-up of the oil, however a lot of therapists continue to use the low thujone variety. Blends well with lavender, rosemary, lemon and all the citrus oils.

Did you know?

Sage is used widely in the pharmaceutical world in toothpastes, mouthwashes, soaps, colognes and men's fragrances. It is also used for flavoring soft drinks, alcoholic drinks, and for tenderizing and flavoring meat.

Key Search words:

It has anti-inflammatory, anti- microbial, anti-oxidant, antiseptic and anti-spasmodic properties. Used also as an astringent, is tonic, settles and soothes digestion.

Safety Data

Avoid the use of this oil during pregnancy

Avoid using for Aromatherapy and home use, use low thujone if essential, or Clary sage alternative.
