

# SPANISH SAGE

*Salvia lavandulifolia 15mL*

## *Camphoraceous, herbal*

*Aromatic description*

### PRIMARY BENEFITS

- Supports a calm mind and sense of alertness when taken internally.
- Provides an uplifting, soothing aroma.
- Promotes a positive atmosphere that may be conducive to focus and concentration.
- Helps create an environment that's supportive of memory and cognitive performance when diffused.

### PRODUCT DESCRIPTION

This small evergreen shrub has grown in Spain and France for centuries.

The smell of CPTG® Spanish Sage essential oil is camphoraceous, herbal, and sage-like. When diffused, the oil may create a stimulating atmosphere supportive of memory and cognitive performance training. When taken internally, Spanish Sage supports a calm mind and sense of alertness.

### USES

- Add to the diffuser of your choice when studying or intensely focusing.
- For an uplifting drink add to some water.
- Dilute with a carrier oil or cream to enhance a deep-tissue massage.

### DIRECTIONS FOR USE

AROMATIC USE: Add three to four drops to the diffuser of your choice.

TOPICAL USE: Apply one to two drops to the desired area. Dilute with a carrier oil to minimise any skin sensitivity.

INTERNAL USE: Take one drop with 100mls of water.

See additional precautions below.

### CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.



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