

Spanish Sage

Salvia lavandulifolia 15 mL

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Product Information Page



For many years, this small, woody, evergreen shrub has been widely cultivated in the Mediterranean region, particularly in Spain and France.

Spanish Sage | Salvia lavandulifolia 15 mL

Aromatic Description: Camphoraceous, herbal

Extraction Method: Steam distillation

Plant Part: Leaf, stem

Ingredients: Camphor, 1,8-Cineole

Primary Benefits

- + Has a cooling effect when applied topically as part of a massage.
- + A great addition to your beauty or skincare routine to benefit from its refreshing properties.
- + An uplifting and soothing aroma to promote a boost of positivity.
- + Can be used to support a sense of focus during times of deep concentration.

Description

Derived using steam distillation from Spanish Sage leaves and stems, the essential oil has a camphoraceous, herbal and sage-like aroma. The herbaceous, refreshing aroma of Spanish Sage is uplifting and soothing and the primary constituents of Camphor and 1,8-Cineole make the essential oil an ideal addition to use after physical activity or as part of a deep tissue massage.

Uses

- + Combine with Fractionated Coconut Oil and apply topically for a cooling, soothing massage.
- + Enhance your skincare routine or grooming regimen by utilizing the soothing properties of Spanish Sage.
- + Use before studying or working on a complex project to promote concentration and focus on the task at hand.
- + Apply during times of low focus, such as after lunch or in the late afternoon.

Directions

Aromatic use: Add three to four drops to diffuser of choice.

Topical use: Apply 1–2 drops to the desired area. Dilute with a carrier oil to minimize any skin sensitivity

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.