

# Spanish Sage

*Salvia lavandulifolia* 15 mL

dōTERRA®

Product Information Page



**Application:** T | S

**Plant Part:** Leaf, stem

**Aromatic Description:** Camphoraceous, herbal

**Main Chemical Composition:** Camphor, 1,8-Cineole

**Spanish Sage** | *Salvia lavandulifolia* 15 mL

## Primary Benefits

- + Provides an uplifting, soothing aroma

## Product Description

The aroma of Spanish Sage is beautiful, refreshing, and uplifting, yet also soothing. 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. Camphor and 1,8-Cineole—the primary chemical constituents in Spanish Sage—make the essential oil an ideal addition to a post-sports or deep-tissue massage.

## Uses

- + Dilute with a carrier oil or cream to enhance a deep-tissue massage.

## Directions

**Topical use:** Apply one to two 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.