

Spanish Sage

Essential Oil 15 mL

dōTERRA®

Product Information Page



CPTG

Application: A | S

Plant Part: Leaf, stem

Aromatic Description: Camphoraceous, herbal

Main Chemical Composition: Camphor, 1,8-Cineole

Primary Benefits

- + Supports a calm mind and sense of alertness
- 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

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. When diffused, the oil may create a stimulating atmosphere supportive of memory and cognitive performance training. Spanish Sage supports a calm mind and sense of alertness.

Uses

- + Add to the diffuser of your choice when studying or intensely focusing.

Directions

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

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.