

Spanish Sage

Salvia lavandulifolia 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I S

Plant Part: Leaf, stem

Aromatic Description: Camphoraceous, herbal

Main Chemical Composition: Camphor, 1,8-Cineole

Spanish Sage | *Salvia lavandulifolia* 15 mL

6022270

Primary Benefits

- + Provides an uplifting, soothing aroma
- + May support cognitive skills including memory, attention, and learning when taken internally*
- + Promotes a positive atmosphere that may be conducive to focus and concentration

Product Description

Spanish sage is a fragrant, evergreen shrub grown in rocky soil. Sometimes called lavender sage, the plant has distinctive narrow, grey-green leaves, and purple flowers. It is highly regarded by ancient Mediterranean civilizations for its many uses. CPTG® Spanish Sage essential oil has a strong herbaceous, soft lavender-like aroma. When diffused, the oil creates a refreshing, stimulating atmosphere supportive of memory and cognition performance training. When taken internally, Spanish Sage supports a calm mind and sense of alertness.* Camphor and 1,8-Cineole—the primary chemical constituents in Spanish Sage—make Spanish Sage an ideal addition to a post-sports or deep-tissue massage.

Uses

- + Diffuse while studying or intensely focusing.
- + Take a drop in a veggie capsule before an important test or presentation.
- + Dilute with a carrier oil or cream to enhance a deep-tissue massage.

Directions

Aromatic use: Add 3–4 drops to the diffuser of your choice.

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

Internal use: Take 1 drop in an empty vegetable capsule.

See additional precautions below.

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.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.