SALVIA
Kornati

SAGE ESSENTIAL OIL

Salvia Officinalis

Sage essential oil

Essential oils are concentrated compositions of volatile and biologically active compounds obtained from plant material by steam distillation.

Sage essential oil can contain over 60 different compounds and substances that synergistically affect different types of problems. Sage essential oil has proved to be very powerful and possesses a wide range of action, but requires careful dosage and cautious use.

Sage essential oil usage:

Inhalation
Sage essential oil is traditionally used for purifying respiratory tract and calming the sinuses inflammation.

• Pour about 1 liter of water in the pot and heat it to boil. Remove the cap and tap 1 drop of essential oil and inhale for about 2 minutes. Then tap another drop and repeat the inhalation cycle.
The whole inhalation takes about 6-8 minutes, which means 3-4 drops of essential oil at intervals of 2 minutes.

Antistress bath
Taking bath is a great way to calm your nerves after a hard day, relax your muscles and bring back the strength.

• Add 10 drops of essential oil in 100 ml of milk. Shake well and pour it in the hot water. Enjoy your bath!

Targeted massages
Since these are very strong concentrations of biologically active ingredients and in order not to cause skin irritation, essential oils are never to be placed directly on the skin but must be diluted with some vegetable oil, such as olive oil.

• Add 20-30 drops of sage essential oil in 50 ml of vegetable oil and shake well. Apply the oil thinly 1-2 times a day to targeted areas depending on the problem. e.g. for female hormonal disorders, it should be applied to the belly area.

Diffusers and aroma lamps
Sage essential oil can also be used to scent a room using a diffuser or aroma lamp.

Diffusers are better because the essential oil disassembles into the space in the form of microscopically small droplets, so they resemble clouds or mist.

This procedure protects us from colds and flu because it disinfects space with its strong antibacterial and antiviral activity.

Notes and other information

Sage essential oil should not be used by people who have estrogen-dependent tumors, epileptics, pregnant women, nursing mothers and small children.

Essential oils are to be mixed to a desirable concentration to maintain their effectiveness without causing skin irritation. We recommend that you use a small amount of oil on restricted area of skin and wait for at least few hours before you start using essential oil to see if any skin reaction appears. Be sure to avoid contact with sensitive areas such as eyes as it may cause irritation.

We recommend you to use this product by the time stated on the packaging. Keep it at room temperature and dark place and out of the reach of children.

If it is important for you to know the exact chemical composition of the essential oil you use, the list can be found on our website www.salviakornati.com where you can inspect essential oil gas chromatographic analysis for each lot. Lot can be found on the product packaging.

Application

Clinical studies have shown the effect and applicability of sage in solving many health problems. Because of the combination of the previously mentioned effects, sage is applicable and is traditionally used for treatment of a whole range of diseases and disorders.

Treating different problems with sage has a very impressive list:

Skin problems
Sage is used for nourishing oily, mixed type and problematic skin and is being used to calm down various skin inflammations, but they are also used for more severe viral infections such as herpes zoster, because sage has proven to be very good in calming postherpetic neuralgia.

Some beneficial effects of sage related to skin problems and hair care:

- Reduces cellulite[76]
- Helps rheumatism[68]
- Boosts the vessel system[38]

Mouth cavities and airways problems
Mostly because of its wide antibacterial activity, it has an excellent effect on oral cavity care and thus helps fight various mouth and throat infections. It is also used for purifying and calming sinus inflammation.

- Cleanses mucus from the respiratory organs and facilitates breathing[69,77]

Other observed effects
Likewise, many other positive effects on human body can be noticed.

- Relaxes muscles[67,74]
- Soothes nerves[74]

REFERENCES
salviakornati.com/references

All descriptions and information on this flyer are of informative nature, are not intended for the diagnosis or prescription of the therapy and are not a substitute for medical examination or advice from a pharmacist. For the use of essential oils and hydrosols for therapeutic purposes, consult a doctor, pharmacist or aromatherapist.

It is important to adhere to a balanced and varied diet and a healthy lifestyle.

If you notice or suspect adverse reactions, stop using the product and inform your doctor or pharmacist.