SALVIA
Kornati

SAGE HYDROSOL

Salvia Officinalis

Sage hydrosol

Hydrosol is a water extract of the plant obtained by distillation. Water vapor passes through the layers of sliced sage and pulls the compounds that lie within the plant and its condensation creates hydrosol. In other words, sage hydrosol is a condensed water vapor that contains dissolved plant components and essential oil molecules in each drop.

This precious liquid is distinguished by its specific taste, smell, chemical composition and strong therapeutic properties. The wide spectrum of action that this plant possesses can be pronounced most precisely in the form of hydrosol.

Sage Hydrosol is a 100% natural product made from wild (self-grown) sage without any additives or preservatives. It contains only water and dissolved herbal components of sage. In the end of the process, the hydrolysis is further stabilized by microfiltration of 0.2 µm. In that way the production of this unique quality hydrosol has been completed.

Sage hydrosol is used as a mouthwash for ophthalmitis and gums inflammation, or for gurgling and spraying in the throat inflammation. It is also ideal for the care of mixed, oily and problematic skin types prone to inflammation and generally skin disorders to which it is applied locally. It is also used in hair treatments as well as for the treatment of wrinkles and scars.

Sage hydrosol usage

· ***Skin application*** - spray hydrosol several times a day on the problematic part of the skin and let it absorb into the skin.

· ***Oral application*** - spray several times a day to solve oral cavity and throat problems. Also, in case of a strong inflammation, use a sterile gauze or cotton pad soaked in sage hydrosol an apply gently on the affected area.

Notes and other information

Using sage hydrosol should be avoided in patients with hypertension and during the first trimester of pregnancy.

It is recommended that you use this product by the end of the expiration date stated on the packaging. After opening, use it within 6 months. Keep it in the cold and dark place and out of the reach of children.

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 hydrosol has a very impressive list:

Skin and hair problems
Sage hydrosol 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:

- Helps with various skin inflammations[70,89]
- Renews and rejuvenates the skin[83]
- Accelerates wound healing[83]
- Works against acne and spots[93]
- Works against eczema[93]
- Helps with insect bites[38]
- Reduces itchy skin[89]
- Reduces the symptoms of herpes zoster and post-herpetic neuralgia[69,71]
- Stimulates circulation[94]
- Reduces cellulite[76]
- Helps rheumatism[68]
- Boosts the vessel system[38]
- Reduces and drains hemeroids[95]
- Strengthens hair, acts against dandruff and gives hair a high gloss[87,88,90,93]

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.

- It acts against thorat inflammation and reduces the pain[6,7,69,70]
- It works against canker sores and helps to heal other mouth sores[68,69,70,76]
- Facilitates and suppresses inflammation of the gums[69,70]
- Reduces the risk of caries[51]
- Cleanses mucus from the respiratory organs and facilitates breathing[69,77]

Menopausal and menstrual problems
Because of its estrogen-like action, sage is often used to treat diseases and conditions related to the reproductive system and thus helps in resolving female hormonal disorders.

- Helps in menstrual cycle regulation[41,42,76]
- Helps with menopausal problems[41,42,75,76]
- Helps with polycystic ovaries[85,86]
- Reduces PMS symptoms[84]
- Balances hormones[41,42]
- Helps treat infertility in both sexes[91,92,97,98]
- Serves as an additional HPV treatment[76]

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

- Stimulates the lymph nodes[96]
- Reduces excessive sweating[69,70]

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.

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