

Sage Organic Essential Oil

Main Constituents:

Camphor: 19.2%

1, 8-Cineol: 13%

a-Thuyone: 18%

Botanical Name: *Salvia officinalis*

Plant Part: Leaves



Extraction Method: Steam Distillation

Origin: Spain

Description: Sage is an evergreen perennial herb that can grow up to about 60cm (2 feet) high with a woody base, soft gray-green oval leaves and a mass of blue or violet flowers.

Color: Pale yellow to greenish yellow liquid.

Common Uses: The therapeutic properties of Organic Sage Essential Oil include use as an anti-inflammatory, antiseptic and astringent. In aromatherapy, it is believed to calm the nerves, assist with grief and depression and also assist with female sterility as well as menopausal problems. For topical applications, Sage Oil is reputed to ease swelling, relieve pain caused by rheumatism; and it may be used to reduce pore size, heal wounds, infections and assist with skin conditions such as psoriasis and dermatitis.

Consistency: Thin

Note: Top

Strength of Aroma: Medium

Blends well with: Bergamot, Lavender, Lemon, Origanum and Rosemary.

Aromatic Scent: Organic Sage Essential Oil has a spicy, sharp, and very herbaceous scent. It is referred to as having a penetrating and powerful aroma.

History: The folklore of sage goes back to the ancient Greeks and Romans who believed that it imparted wisdom and mental acuity. In the Middle Ages sage was used as a treatment for memory loss, fevers and intestinal problems. It was also used to treat eye problems, liver disease and infections!

Cautions: Sage Essential Oil is an oral toxin and should not be used during pregnancy, or by persons suffering from epilepsy or high blood pressure.

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In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other New Rasheed product.

Read the Disclaimer

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The [health benefits of Sage](#) Essential Oil can be attributed to its properties as an antifungal, antimicrobial, antioxidant, antiseptic, anti-inflammatory, antispasmodic, antibacterial, cholagogue and choleric, cicatrisant, depurative, digestive, disinfectant, emenagogue, expectorant, febrifuge, laxative and stimulating substance.

Sage, or *Salvia Officinalis*, as it is known in botanical nomenclature system, is a well known and frequently heard name in the world of cosmetics, particularly in the field of skin care. Innumerable beauty treatment products claim that they contain the oil of sage, which is actually sage essential oil.

This essential oil is extracted by steam distillation of sage leaves and is constituted mainly of Aesculetinen, Alpha Humulene, Alpha Thujene, Alpha Thujone, Alpha Terpeneol, Alpha Terpenines, Alpha Pinene, Alpha Maaliene, Aromadendrene, Beta Pinene, Beta Copaene, Beta Thujone, Borneol, Camphor, Cineole, Caryophyllene Oxide, Camphene, Delta Cadinenes, Linalool, Limonene, Myrcene, Ocimenes, Octenol, Paracymene, Para Cymenol, Salviol, Terpinenol, Thujanol and Terpinolene.

Health Benefits of Sage Essential Oil

This oil has a number of non-cosmetic medicinal uses which are listed below.

Antifungal: The presence of camphor and camphene in this essential oil gives it an antifungal property. This oil is capable of inhibiting fungal infections both internally and externally, and gives relief from fungal infections like dysentery, skin diseases, Athlete's Foot, or dermatitis. This property is one of the causes behind its use in skin care products.

Antimicrobial: The components in sage essential oil which give protection against fungal infections also provide protection against microbial infections too. Therefore, you can protect small wounds or cuts from developing irritating

or potentially dangerous infections.

Antibacterial: This oil is equally useful at countering bacterial infections, since it kills bacteria and inhibits their growth in the body. This property can also be used to heal

ailments like bacterial infections in the ears, nose, throat, eyes, genitals, urethra, colon, intestines as well as on the skin and in wounds.

Antioxidant: This is perhaps the most valuable aspect of this essential oil and the reason behind its extensive use in anti-aging and skin treatment products. Antioxidants, as the name suggests, act against the oxidants or free radicals in the body, which are the main causes behind aging. These antioxidants slow down aging and prevent symptoms of aging like wrinkles, sagging skin and muscles, reduction in vision and hearing capabilities, malfunctioning of the brain, memory loss, degeneration of tissues, macular degeneration and nervous disorders.

Antiseptic: Since it has antimicrobial, antibacterial and antifungal properties, it serves as an antiseptic for wounds, surgical incisions, post natal injuries, ulcers, and sores.

Anti-inflammatory: It reduces inflammations on the skin, inflammations due to fever, and the entry of poisonous material in the blood stream. It also reduces the effects of excessive intoxicants and narcotics, ingestion of excessive salty or spicy food, influence of very hot winds etc. It helps cure inflammations in stomach, intestines and excretory tracts too.

Antispasmodic: This property of sage essential oil is useful in treating all problems that arise from spasms, including pain in the stomach, chest and intestines, as well as coughs, convulsions, and cramps.

Cholagogue & Choloretic: Both of these properties mean the same thing, which is a substance having that promotes the discharge of bile. This helps in digestion, soothing the stomach and improving the functionality of the whole digestive system against inflammations caused by excessive acids. It also neutralizes acids in the stomach and the blood stream, thereby providing relief from acidity and acidosis, which in turn protects us from peptic ulcers due to acidity, as well as from boils, eruptions and skin diseases that occur when acid levels rise in the blood.

Cicatrissant: This is yet another property which has made a strong place in the world of cosmetics as a key ingredient of anti-mark and anti-spot cream. This property helps eliminate scars, fat cracks, post-natal abdominal crack marks and after-spots left by boils, pox, and sores. This also helps in quick healing of wounds and incisions.

Depurative: Sage essential oil speeds up the removal of toxins from the blood through excretion or through sweating and thus purifies the blood, acting as a depurative.

Digestive: It acts as a digestive medicine in case of indigestion by facilitating the decomposition of food by promoting secretion of bile and gastric juices and by inhibiting microbial growth in the digestive system, which interferes with the digestive process.

Disinfectant: The antibacterial, antifungal, antimicrobial and antiseptic properties of essential oil of sage make it an effective disinfectant, as it gives sound protection from both internal and external infections.

Emenagogue: This essential oil regularizes menstrual cycles and helps to relieve obstructed menses. This oil activates certain hormones, such as estrogen, which helps bring about clear menstruation and gives relief from problems like headaches, nausea, weakness, fatigue, depression, mood swings and other associated symptoms of periods.

Expectorant: It can give you relief from coughs, colds, and infections in your chest and respiratory tracts. It also provides relief from congestion that results from the common cold.

Febrifuge: Sage essential oil reduces fevers by fighting infections and reducing inflammation from fevers.

Laxative: It facilitates excretion and eliminates constipation by promoting the discharge of certain fluids, as well as stimulating the intestines.

Stimulant: If all the properties of this Essential Oil are to be described with a single term, then 'Stimulant' would be the appropriate one. Most of the properties it displays are different expressions of this property. It stimulates the brain, nervous system, liver, spleen, circulatory and excretory systems, thereby activating and optimizing them.

Other Benefits: Sage essential oil helps to manage dermatitis, herpes, psoriasis, sinusitis, asthma and bronchitis, accumulation of phlegm, cerebral palsy, depression, sciatica and lumbago as well as inducing mental stability, alertness.

A Few Words of Caution: Being a nervous stimulant, those with epilepsy, hysteria, or a history of either, should avoid using it. Furthermore, since it contains camphor and camphene, which are toxic in nature, it should be avoided during pregnancy.

Blending: Essential Oil of Sage blends well with the essential oils of Clary Sage, Geranium, Ginger, Lavender, Orange, Vetiver, Neroli, Rosemary and Tea Tree.

History shows that the [sage](#) plant possesses the longest record of use as a culinary and medicinal herb. Even today this perennial plant has numerous functions. When converted to an essential oil, sage provides even more benefits – learn more facts and trivia about sage oil.

What Is Sage Oil?

Sage essential oil comes from the steam distilled leaves of the herb sage or *Salvia Officinalis*. Also known as garden sage, Dalmation sage, true sage, and common sage, this herb gets its name from the Latin word “salvere,” which means “to save,” and is best known for its therapeutic properties.

The plant is native to southern European regions and nations surrounding the Mediterranean sea, particularly Greece and Yugoslavia. Accounts show that the Romans and Greeks had a high regard for sage and even considered it sacred. During the ancient times, sage was used to preserve meat and prevent other foods from spoiling.

According to historical accounts, sage oil was considered good for both the body and mind. Sage essential oil is often compared to clary sage (*Salvia sclarea*). While they both come from the same evergreen shrub family, they are very different from each other. Both oils have a pale yellow-green color, but sage has a strong, spicy scent, while clary sage has a sweet, nutty aroma. Because sage oil may trigger sensitizations in some, clary sage oil is often used as a substitute to it because of its milder nature.

Uses of Sage Oil

From being used as a treatment for common conditions like digestive problems to being added to skincare and cosmetic products, sage oil has a wide range of functions. Some of them are:

- **Treatment for health conditions** – Sage oil is primarily used to help relieve digestive problems. It can also be used to help treat respiratory problems, menstrual difficulties, fungal infections, and skin problems.
- **Hair conditioner** – Sage oil contains beneficial properties that help address dandruff and oily hair. It can also be used as a shampoo because of its cleansing effects.

- **Skin moisturizer** – The oil of sage is often used to help prevent signs of aging like wrinkles and sagging skin. It is also added to skin care products like anti-mark and anti-spot creams, which help prevent cracks, scars, and other unwanted marks on skin.
- **Laxative** – It is used to trigger excretion and help relieve constipation.
- **Stimulant** – In [aromatherapy](#), this oil can be used to stimulate the mind and help address mental fatigue and depression.
- **Fragrance** – Sage oil is added to soaps, colognes, and perfumes because of its strong, fragrant scent.

Composition of Sage Oil

There are several varieties of sage oil, depending on certain factors like geographical location, climate, part of the plant used, and method of extraction.

A predominant component of all types is thujone (about 22 to 61 percent). Thujone has been a subject of debate among many experts because of its negative effect on the nervous system. Research shows that it can cause convulsions and tend to be hallucinogenic. However, when used appropriately and in correct amounts, sage oil does not induce these effects.

Other major constituents found in the essential oil of sage include camphor, 1,8-cineole, and camphene.

Benefits of Sage Oil

Sage essential oil provides several benefits from a wide range of properties. It functions as an effective antibacterial agent, helping inhibit the growth of bacterial infections. In a study published in the *Brazilian Journal of Microbiology*, it was found that the essential oils of eucalyptus, juniper, mint, rosemary, sage, clove, and thyme possessed antimicrobial properties against Vancomycin-resistant *Enterococci* and *E. coli* strains. Of all the tested oils, the researchers found that thyme and sage essential oil showed the best results against the said strains of bacteria.

In another study, which tested the antimicrobial and antioxidant properties of rosemary and sage oils on several bacterial and fungal strains, it was found that both oils had potent activities against *E. coli*, *Salmonella typhi*, *S. enteritidis*, and *Shigella sonnei*.

In addition to these, sage essential oil has been successful in helping treat a number of health problems that affect the nervous system, heart and blood pressure, respiratory system, and digestive system, as well as metabolic and endocrine conditions.

Other benefits provided by sage oil include:

- Antiseptic properties that make it ideal for cleaning wounds, surgical incisions, sores, and ulcers
- Reduces the effects of exposure to toxins and narcotics, and consumption of excessively salty or spicy foods
- Reduces inflammation of the skin, gut, and excretory tracts

- Assists in the metabolism of food by promoting the production of bile and gastric juices in the digestive system
- Helps regulate menstrual cycles and activates hormones like [estrogen](#)
- Stimulates the brain, nervous system, liver, and circulatory and excretory systems

How to Make Sage Oil

As previously mentioned, the oil in sage is obtained through steam distillation. This process helps preserve sage's beneficial compounds and uses only heat and water. Be wary of cheap oils, as these often contain additional solvents that may irritate your skin. Like with other herbal oils, you can also make your own sage oil at home. Here's a step-by-step guide from eHow:

What You Need:

- Fresh sage plant
- Freezer bag
- Glass jar
- Carrier oil, like [olive oil](#)
- Funnel
- Rubber mallet
- Strainer
- Colored glass container

Procedure:

- Place a cup of fresh sage into the freezer bag. After squeezing the air out, seal the bag, and pound the bag using a rubber mallet.
- Place the crushed sage into a wide-mouthed glass container and add half a cup of carrier oil. Seal it tightly and place the jar where it can stay warm (where sun can touch it). Leave it alone for 48 hours.
- Strain the oil from the mixture and transfer the oil back to the jar. Discard the sage leaves.
- To create a more potent formula, repeat the first three steps.
- Place the sage oil into the colored glass container to slow its aging process. It can stay fresh for a year if placed in a cabinet, or longer if stored in the refrigerator.

How Does Sage Oil Work?

Sage oil is like any other essential oil – it must first be diluted with a carrier oil before use. An unadulterated essential oil can cause skin irritations.

There are several ways to use sage essential oil. In aromatherapy, it is used through a vaporizer. When inhaled, this essential oil can help calm the nerves and stimulating the senses. As a massage oil or used in the bath, it can help relax muscles. It can even help women cope with menstrual problems. Sage oil can also be applied topically but with much caution to avoid adverse effects.

Although sage oil is generally regarded as safe (GRAS) for internal consumption by the US Food and Drug Administration (FDA), it, like other essential oils, should never be taken internally without the supervision of an experienced health care professional.

Is Sage Oil Safe?

Sage oil is only dangerous when used in high concentrations. Its thujone content, which is considered hazardous when isolated, does not pose any problem for its users if the oil is used moderately. Among other herbs that contain this chemical compound, sage is considered the most commonly used and safest. However, it is because of thujone that it shouldn't be used by people with sensitivities or children of all ages.

People who drink alcohol should avoid using sage oil, as it can heighten the intoxication. Pregnant women (the oil can cause uterine contractions) and nursing women (it can slow down breast milk production) should also avoid using it. Because it works as a stimulant, people with [epilepsy](#) or hysteria should also avoid using this essential oil.

To check if you are a good candidate to benefit from this essential oil, I suggest consulting a qualified aromatherapy practitioner or physician first.

Side Effects of Sage Oil

Sage oil should not be used or applied topically on the skin of individuals with skin problems because of potential irritations. Other reported side effects include inflammation of lips and lining of the mouth, kidney problems, rapid heartbeat, seizures, tremors, vertigo, vomiting, and wheezing.

To avoid the potential skin problems, I suggest using clary sage oil, which possesses similar beneficial properties but is milder.