

*The Mystic Owl Apothecary*  
*Essential Oil Profile Sheet*

**Sage (Common/White)/Organic Essential Oil**

Botanical Name: *Salvia officinalis*

Plant Part: Leaves

Origin: Spain

Processing Method: Steam Distilled

Color: Clear to pale yellow

Consistency: Thin

Note: Top

Strength of Aroma: Medium/Strong

Aromatic Scent: Strong, Earthy, Herbaceous, fruity, fresh, camphorous.

Blends With:

Bergamot, Lavender, Lemon, Origanum and Rosemary.

Common Uses:

Muscular aches, joints, headaches, digestive upsets, sore throat, menstrual cramping, nervousness, mental fatigue, emotional exhaustion, memory loss, acne.

Cautions:

Sage Essential Oil contains approximately 25-50% thujone, a ketone that requires greater care and more limited use. Use sparingly and with extreme caution. Tisserand and Young warn of the possibility of neurotoxicity. Avoid Sage Oil in pregnancy and breastfeeding. They recommend a dermal maximum of 0.4% Not safe for children under 6.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

