

Sage essential oil



100% pure, natural and complete essential oil coming from Italian certified organic farming

Quantity: 5 ml

Quality features : Natural flavoring for foods. It does not contain additives

Botanical name: *Salvia Officinalis*

Country of origin: Italy

Plant Part: Flowers and leaves

Extraction method: steam distillation

Aromatic note: HEART; sharp and fresh smell

Benefits and uses: antiseptic, antibacterial, stimulant, digestive, emmenagogue, expectorant, healing, antispasmodic, antiperspirant, carminative, hypoglycemic. It is used to treat gastrointestinal diseases as it relaxes smooth muscle relaxant thanks to its antispasmodic action. It is useful in case of irritable bowel or menstrual pain. The essential oil of sage is:

Relaxing, if inhaled it gives calm and serenity in case of stress, nervousness, anxiety, fear, paranoia. Excellent support for overcoming midlife and menopause crisis.

Female hormonal system balancing, if diluted in almond oil and massaged on the body it has beneficial effects on disorders due to hormonal imbalance such as cellulitis, premenstrual syndrome, hot flashes of menopause, menstrual pain, amenorrhea, or heavy periods, hair loss.

Expectorant, used to treat chronic bronchitis and cough caused by flu.

Antiperspirant, reduces the excessive secretion of sweat in the hands, armpits, feet and acts as an antibacterial on microorganisms that produce bad smells.

Depurative, 2 drops in a teaspoon of honey to be taken and it has detoxifying effects on the liver and kidneys, also useful for treating intermittent fevers caused by intestinal infections, intoxication and diarrhea.

Skin healing, it has anti-inflammatory and antimicrobial properties, it repairs skin tissue; recommended in case of dermatitis, sores, insect bites, skin ulcers, acne, fungal infections such as candidiasis and mycosis.