QUICK REFERENCE SHEET

SPANISH SAGE

Salvia lavandulaefolia

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Whole Plant

Region of Origin:

Spain

AFFINITY FOR:

digestive system, circulatory system, respiratory system, nervous system, endocrine system, muscles, bones, skin, third eye chakra, pelvic chakra and organs

THERAPEUTIC PROPERTIES:

anti-oxidant, anti-inflammatory, antimicrobial, antispasmodic, astringent, analgesic, nervous system (memory), lymphatic system

AROMATIC CONSIDERATIONS:

Spanish Sage has some beautiful Lavender undertones. These notes are every bit as evident as the properties that are reminiscent of Sage, giving this oil a unique character and aroma.

APPLICATION:

Spanish Sage may be applied anywhere on the body, but is particularly beneficial when applied to the feet. May also be diffused.

⚠ CAUTIONS:

Spanish Sage essential oil is generally considered safe for topical use but is strong enough that a carrier oil is advised.

INGREDIENT IN:

LeDelicate, LeReflections

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The combining of the emotional aspects of Sage and Lavender produces a very unique picture for this essential oil. Sage is characterized by clarity of intuition and vision, while Lavender promotes faith and feelings of being loved. The combination is quite astonishing in the ability to create strength in the face of loss. This oil fosters confidence in one's ability to not just survive, but to grow and flourish following a tragedy. Spanish Sage can ease the way along a new path that one did not and would not have chosen if there had been a choice. Spanish Sage is recommended for grief and for fear of loving (and, possibly, losing) again.

PHYSICAL ASPECTS:

Probably the most outstanding characteristic of Spanish Sage is its affect on the brain and nervous system. This oil has been shown in studies to improve memory and mental acuity. Spanish Sage is being utilized in treatments for Alzheimer's and other age-related memory disorders. Other studies are following—with growing excitement—the result of the use of Spanish Sage by college students as an aid in memorizing and retaining facts and information.

Spanish Sage is useful as an aid to digestive dysfunction, especially if the problem has emotional or nervous drivers. Spanish Sage acts as a stimulant to the liver, the adrenals, and the circulation. This essential oil is often effective against headaches of nervous or digestive origins. Spanish Sage appears to lower blood sugar without negatively affecting insulin levels. The antimicrobial and skin regenerating properties of this essential oil make it useful for skin conditions such as eczema and dandruff. Spanish Sage is also used for coughs, colds, and flu.

GENERAL INFORMATION:

This essential oil is being used by some aromatherapists as a replacement for Sage (Salvia officinalis) as the higher concentration of ketones in Sage produce some contraindications. However, it should be noted that the ketones in Sage, in such quantity, are responsible for some of the healing properties of Sage oil, as well.

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