

Sage

Product Size: 15 ml Item No. 36543

Known as herba sacra, or “sacred herb,” by the ancient Romans, Sage (*Salvia officinalis*) takes its botanical name from the Latin word associated with wellbeing. Native to the Mediterranean region and a member of the mint family, sage has been valued since the Middle Ages for its distinctive aroma and versatility.

Sage essential oil features a bold, herbaceous scent with warm, spicy undertones that add depth to personal fragrance and self-care rituals. When diluted, it can be applied topically as part of a soothing massage or skincare routine, offering an aromatic experience that feels grounding and revitalising.

Its rich history and unmistakable scent make Sage a popular component in many Young Living blends.



Benefits and Features

- Features a bold, herbaceous aroma with warm, spicy notes.
- Traditionally used in cleansing rituals.
- Can be added to massage oil blends for its aromatically soothing benefits.

Suggested Use

- Dilute with a carrier oil and apply to pulse points as a warm, herbaceous personal fragrance.
- Incorporate into a relaxing massage routine when diluted, to complement moments of calm and grounding.
- Apply lightly to the wrists or neck before starting your day to enjoy its rich, aromatic character.
- Use during journaling, stretching, or other quiet rituals to enhance a sense of presence and intention.

Directions

Apply to desired area. In case of sensitivity, dilute 15 drops in 10 ml of Young Living V-6®.

Cautions

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication or have a medical condition, consult a health care professional prior to use.



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Ingredients

Salvia officinalis* (Sage) oil.

May contain: Limonene**, Linalool**.

*Premium essential oil.

**Natural constituents of essential oils.

