



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

*Lianne*

Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

## SAGE ESSENTIAL OIL

We have so many wonderful oils in our limited edition range! I decided to focus on Sage for today's "learn with Lianne" as it is an oil we use in our infamous Throat Spray (next Monday night) and in our natural deodorant recipes.

Sage essential oil is obtained by the steam distillation of the leaves of the Sage plant known botanically as *Salvia Officinalis*. It has a fresh herbaceous fragrance that seems to be universally acceptable to most. The herb of Sage was often used in ancient fertility rituals and witchcraft and was regarded as a medicinal herb throughout Europe.

It's Latin name means 'to save' and a 16<sup>th</sup> century herbalist Gerard tells us that "*sage is singularly good for the head and the brain, it quickeneth the senses and the memory, strengtheneth the sinews and restoreth health to those who have palsy*"

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## Sage

May assist with:

- Tonic for the body
- Reducing Perspiration
- Nervous Conditions
- Diarrhoea
- Sore Throat
- Menopausal Issues
- Expectorant

Epilepsy warning.



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## Period Pain

- 30mls of Facial carrier oil
- 4 drops of Sage
- 6 drops of Geranium
- 4 drop of Lavender
- 6 drop of Peppermint



Nowadays Sage essential oil is used as a tonic to fortify the body and is especially suited to the winter months. Understandably so, as an anti-inflammatory, antibacterial and antiseptic.

Some suggested uses:

- Stop the flow of breast milk
- Reduce perspiration
- Diarrhea
- Gastritis
- Sore throats
- Arthritis/Rheumatism
- Period Pain
- Hot Flushes
- Skin Conditions
- Hair loss

Sage is reported to have significant antimicrobial activity on the oral bacteria responsible for the development of dental disease so could be added to your aromatherapy mouth wash.

Robbi Zeck tells us that Sage helps to open you up to a quiet, grateful connection to all around you and bring forth wisdom. She says that "Sage brings your entire self to a higher place, transcending and renewing as you travel inward to a place of deep knowing." (Robbi Zeck, The Blossoming Heart, 2008)



**It might look like a weed, but it is one magical oil!**

Sage is not advised for those who suffer from epilepsy. Avoid during pregnancy and whilst breastfeeding.

Email us at [socialmedia@amazingscents.com.au](mailto:socialmedia@amazingscents.com.au) and we will share your stories in future editions of our newsletter.



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[info@amazingscents.com.au](mailto:info@amazingscents.com.au)

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