SAGE

SALVIA OFFICINALIS

Country of Origin: Albania
Steam Distilled from leaves

Sage (Salvia officinalis) is a steam-distilled oil drawn from the leaves, valued for its sharp, herbaceous aroma and its strong affinity for the nervous system, circulation, and hormonal regulation. Naturally rich in compounds such as thujone and cineole, it carries a stimulating, directive character that is known for sharpening mental function, supporting circulation, and influencing hormonal balance.

Its aroma is bold, dry, and distinctly herbal with a slightly camphoraceous edge that signals its potency. It is often used when the system feels sluggish, mentally dull, or out of rhythm, particularly in cases where stimulation, movement, or regulation is needed.

In both aromatic and traditional use, sage has been regarded as a strong, functional oil, supporting clarity, circulation, and systemic regulation. It works by activating and directing, helping the body re-establish rhythm and responsiveness when function has become stagnant or imbalanced.

FUNCTIONAL CONSTITUENTS

Thujone	A ketone that plays a dominant role in sage's activity. Thujone is associated with stimulating the nervous system and supporting mental clarity, while also contributing to the oil's strong, directive nature.
1,8-Cineole (Eucalyptol)	An oxide that adds a fresh, penetrating quality to the aroma. It is known for supporting respiratory function, circulation, and helping move stagnation within the system.
Borneol	A monoterpene alcohol that contributes a warm, slightly camphoraceous undertone. It is associated with supporting circulation, easing discomfort, and reinforcing the oil's antimicrobial properties.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC5634728/ https://pmc.ncbi.nlm.nih.gov/articles/PMC10363264/ https://pmc.ncbi.nlm.nih.gov/articles/PMC10682483/

HOW WE SOURCE

Sage oil is shaped by the chemotype of the plant and the conditions in which it is grown. We look for Salvia officinalis cultivated in dry, well-drained regions where the plant can develop a strong, well-defined aromatic profile with controlled thujone content.

The leaves are harvested at peak maturity, then steam distilled to preserve their volatile constituents. Because sage is both potent and highly active, careful timing and controlled distillation are essential to maintain balance and safety. We look for oil that is sharp, dry, and distinctly herbaceous with a clean, camphoraceous edge, never flat, overly harsh, or chemically imbalanced.

OUR SAGE IS:

- Steam distilled from leaves
- Unrefined and not standardized
- Sourced for controlled thujone content
- Harvested at peak maturity
- Sharp, dry, and distinctly herbaceous

We look for oil that delivers a clean, camphoraceous profile with strong definition, an indicator of proper chemotype and careful distillation. Flat, overly harsh, or imbalanced oil signals poor sourcing or improper handling, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Sharp, herbaceous aroma*
- Clean, camphoraceous edge*
- Strong, well-defined profile*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Flat or dull scent*
- Overly harsh or acrid notes*
- Adulterated/extended oil *
- Clear or plastic packaging*

MANUFACTURED BY:
Zilara, a division of
Green Organics, LLC

754 Cincinnati-Batavia Pike
Cincinnati, OH 45245
v042026: 1/2

Zilara.com
HBNaturals.com

HOW TO USE SAGE

Sage is commonly used when the goal is stimulating mental clarity, supporting circulation, and helping regulate internal systems. Due to its potency, it is best used in small, controlled amounts.

Aromatic
Diffuse 2–3 drops or inhale directly. Often used to sharpen focus and support cognitive function during fatigue.*

Topical
Dilute well with a carrier oil and apply to targeted areas. Commonly used to support circulation, ease discomfort, and assist with muscular or digestive tension.*

Bath
Add to bath salts before dispersing in warm water. Often used to support relief during periods of discomfort and promote overall system balance.*

WHAT IT SUPPORTS

Sage is traditionally used when the goal is activating the system, improving circulation, and restoring functional balance. It supports:

- Mental clarity, focus, and cognitive function*
- Healthy circulation and movement within the body*
- Hormonal regulation and menstrual support*
- Digestive function and reduction of discomfort*
- Overall system activation and responsiveness*

Used in controlled, limited applications, it helps the body shift out of stagnation and into a more active, organized state, supporting clarity, movement, and functional balance.

CAUTIONS

- Safety Group 4: Never recommended for children or while pregnant or nursing.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

SAGE IN THE STILLROOM

Sage has long been kept in the stillroom as a regulating, directive oil to be used when the system is sluggish, out of rhythm, or lacking clear direction. Distilled from the leaves of Salvia officinalis, it is closely associated with stimulating mental clarity, supporting circulation, and helping restore functional balance across the body.

It is often reached for during periods of mental fatigue, low energy, or when hormonal or digestive rhythms feel disrupted. This is not a soft or passive oil. It works with intensity, helping activate, organize, and bring movement where there is stagnation. Used in small amounts, it supports a more responsive, structured state without lingering heaviness or buildup.

MORE WAYS TO USE SAGE

Focus Reset Inhalation
Inhale from palms during periods of mental fatigue. Commonly used to sharpen attention and restore clarity.*

Abdominal Support Blend
Dilute and apply to abdomen. Often used to support digestion and ease discomfort during periods of imbalance.*

Circulation Massage
Blend with a carrier and apply to legs or extremities. Commonly used to support movement and reduce feelings of heaviness.*

Post-Meal Comfort
Dilute and massage lightly over stomach area. Often used to support digestive function and reduce fullness.*

Short-Term Clarity Diffusion
Diffuse briefly during work sessions. Commonly used to maintain focus without prolonged stimulation.*