

Clary Sage Essential Oil



Product Details

Botanical Name: *Salvia sclarea*

Country of Origin: France

Extraction Process: Steam Distilled

Part of the Plant Used: Flowers and Leaves



Description: Clary Sage Essential Oil has a herbaceous, flowery, earthy aroma. Clary Sage is native to the Mediterranean basin, but is also found in North Africa and Central Asia. This plant is green with soft, feather shaped leaves. Clary Sage leaves are called rugose; which means wrinkled, and have glandular hairs on their surface. The flowers grow in whorls, and can be mauve, lilac, white or pink. The leaves and flowers of this plant were commonly ground down and the crude oil was used as a perfume. With the benefits of this plant Clary Sage essential oil is highly sought after for help with pain, sleep, and inflammation.

Common Uses & Benefits: Clary Sage has been traditionally applied to help acne, boils, skin inflammation, hair loss, dandruff, muscular aches and pains, whooping cough, asthma attacks, menstrual pain, intestinal cramping, colic, stress, nerves, and high blood pressure.

Therapeutic Properties: Analgesic, Anti-inflammatory, Antibacterial, Antifungal, Antiseptic, Astringent, Calmative, Sedative.

Directions: Recommended to properly blend in a carrier oil prior to topical applications. Patch test before use in case of sensitivity.

Blends Well With:

Ylang Ylang, Chamomile Roman, Bergamot, Geranium, Lavender.

Cautions: Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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