

Clary Sage Essential Oil



Botanical Name: *Salvia sclarea*

Main Constituents:

Linalyl acetate: 58.5%

Plant Part: Leaves and Flowers

Origin: China

Processing Method: Steam Distilled

Description / Color / Consistency: A medium clear, colourless to pale yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note of medium aroma, Clary Sage Essential Oil has a mild earthy, fruity and floral aroma that is also slightly nutty and herbaceous.

Blends With: Bergamot, Cedarwood, Chamomile German, Chamomile

Roman, Geranium, Jasmine, Lavender, Neroli, Orange, Rosewood, Sandalwood and Ylang-ylang.

Product Abstract: Clary Sage is a short biennial or perennial herb that grows up to 1 meter in height (approximately 3 feet). It has large, hairy leaves with small bluish-purple flowers. The name is derived

from the Latin word *claris* for 'clear', and by the Middle Ages it was known as *Oculus Christi*, or the Eye of Christ. During the sixteenth century it was used in England as a replacement for hops when brewing beer.

Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

IMPORTANT: All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

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The health benefits of Clary Sage Essential Oil can be attributed to its properties as an antidepressant, anticonvulsive, antispasmodic, antiseptic, aphrodisiac, astringent, bactericidal, carminative, deodorant, digestive, emenagogue, euphoric, hypotensive, nervine, sedative, stomachic and uterine substance.

Clary Sage Essential Oil

Clary Sage Essential Oil is extracted by steam distillation from the buds and leaves of the Clary Sage plant whose scientific name is *Salvia Sclarea*. It is an herb, believed to be a native species of Europe, which has been highly praised as a medicinal plant throughout history, particularly owing to its numerous benefits for vision and eye health. It is a close relative of common garden sage, but it has a slightly different organic makeup. Furthermore, you may be familiar with it as “Muscatel Oil”, a common name given to Clary Sage essential oil due to its traditional use of flavoring muscatel wine.

The chief components of Clary Sage Essential Oil are Sclareol, Alpha Terpineol, Geraniol, Linalyl Acetate, Linalool, Caryophyllene, Neryl Acetate and Germacrene-D. As the name suggests, Clary Sage oil was and still is primarily used as a cleanser for the eyes. It is supposed to brighten eyes, improve vision and protect loss of vision due to premature or normal aging. However, that is not where the health benefits stop; there are many other health benefits that aren't as well known, which are explained in much greater detail in the following section.

Health Benefits of Clary Sage Essential Oil

Antidepressant: Clary Sage Oil can boost self esteem, confidence, hope and mental strength, thereby efficiently fighting depression. This can be very helpful for forms of

depression due to failures in your career or personal life, insecurity, loneliness, stagnation, death of a friend or loved, and many other reasons. Clary Sage oil also relieves anxiety. As [an antidepressant](#), it can be systematically administered to patients suffering from acute depression who are undergoing rehabilitation.

Anticonvulsive: It calms down and [reduces convulsions](#), whether their are epileptic or from some other nervous disorder or mental condition. Clary Sage essential oil brings about peace of mind and acts as a sedative for tense nerves.

Antispasmodic: Clary Sage oil is useful in the [treatment of spasms](#) and related ailments such as muscle cramps and respiratory system cramps, spasmodic coughs, stomachaches, headaches and spasmodic cholera. It relaxes the nerve impulses and doesn't allow those uncontrollable spasms to occur.

Antibacterial: This type of essential oil [kills bacteria and fungi](#), curbs growth and spread of bacterial infections, and also protects against new infections. Studies show that Clary Sage essential oil is particularly beneficial in curing bacterial infections affecting the colon, intestines, urinary tract, and excretory system. It is equally effective in inhibiting the harmful behavior of bacteria entering our body through water or food.

Antiseptic: Wounds will not become septic, nor will they be infected with tetanus germs if Clary Sage oil is topically applied to them. The [antiseptic qualities](#) can protect the body during periods of surgical recovery and in all varieties of wounds that are typically hotspots for infections.

Aphrodisiac: This is one of the most well known properties of Clary Sage oil. It is [an aphrodisiac](#), which means a substance or stimulus that boosts libido and feelings of sexual desire. It is very effective in treating frigidity, psychological problems resulting in loss of libido, and even impotency. Studies have shown it to be equally effective in males and females. It affects the hormones of the body and increases testosterone levels, which can seriously increase performance and interest in sexual activities.

Astringent: If you think that your gums are weakening their hold on your teeth, then sooner or later, they will start falling out. Speak to a dental professional first, but it is never a bad idea to use Clary Sage oil because it has [astringent properties](#). It does not only strengthen your gums, but also strengthens and tones the skin, muscles and hair follicles, preventing hair loss and making you look and feel younger. It functions as an

antioxidant in this way by tightening up the skin that might be sagging due to the activity of free radicals present in the body.

Skin Health: More specifically, there is an ester present in Clary Sage essential oil called [linallyl acetate](#), which reduces skin inflammation and heal rashes. Furthermore, it balances and regulates the production of natural oils in the skin, reducing both oily and dry skin and makes your skin look young and beautiful. It is recommended to be used directly, or mixed into a carrier agent like almond oil to facilitate maximum absorption and effect.

Carminative: Clary Sage oil, owing to its [carminative properties](#), can eliminate your gas as quickly as a needle empties a balloon! That is, it will eliminate excess gas in your body through flatulence, which will reduce the sensation of being bloated. You might find it funny, but gas can actually be fatal when it pushes upwards and hits the delicate organs inside your chest cavity, so a downward movement is always the safest way to expel them. This essential oil also inhibits the formation of gas.

Emmenagogue: If you are having troubles with irregular, obstructed or painful menses, you can try Clary Sage oil before you spend a fortune on specialized treatment from a gynecologist. There is no need to worry, since it has no adverse side effects. It simply stimulates the opening of obstructed menses, and makes them regular, while easing pain. It also cures dizziness and mental irritation during menses as well as in cases of Post Menopause Syndrome. Furthermore, it can help reduce the symptoms and negative effects associated with [menstruation](#) like cramping, bloating, mood swings, and cravings for food by balancing the hormones that run rampant during this time for women.

Euphoric: Clary Sage oil can induce a feeling of immense joy, confidence, pleasure and high spirits and fill you with the desire to live your life to the fullest. This is why it is frequently used to [cure depression](#) or chronic stress and anxiety.

Hypotensive: Hypotensive is the antonym of Hypertensive. Clary Sage oil is very effective in reducing blood pressure by relaxing the veins and arteries, thereby reducing the risk of heart attacks, strokes, atherosclerosis, and brain hemorrhaging. By reducing [blood pressure](#), it also widens the blood vessels and allows for increased

circulation, resulting in increased oxygenation to the muscles and organ systems, boosting their performance and your overall metabolic performance.

Nervine: Clary Sage essential oil is [good for your nerves](#). It sedates nervous convulsions and other disorders such as nervousness, vertigo, anxiety, and hysteria.

Sedative: Do you need to calm down? Do you want to concentrate? Or do you simply want to relax and have a good night's sleep? Clary Sage oil can help you with all of these. It reduces inflammations and has an undeniably [calming effect](#). People suffering from chronic stress or anxiety disorders find great comfort in the use of Clary Sage essential oil.

Stomachic: This oil also maintains the [health of the stomach](#) and regulates secretions of digestive juices. In this way, it prevents stomach disorders and helps to stimulate efficient absorption of nutrients and digestion of food, and regulation of bowel movements. It also helps the healing of ulcers and wounds in the stomach. By regulating bowel movements, it can also protect the integrity of your colon and reduce the changes of more serious gastrointestinal conditions, including colorectal cancer.

Deodorant: Buying synthetic deodorants are not only expensive, but they also negatively impact the environment. Their pleasant smell effects also only last for a short time. Moreover, sometimes they produce irritations on skin and allergies. Clary Sage oil can be a far better choice as [deodorant](#), because in diluted form, it serves as an efficient deodorant without any side effects. It is natural, so it doesn't impact the environment, and its effects can last for a long time.

Digestive: Clary Sage essential oil promotes digestion and relieves symptoms of indigestion. It boosts the secretion of gastric juices and bile, thereby speeding up digestion and easing the process, which relieves cramping, bloating, and abdominal discomfort.

Uterine: Clary Sage oil helps to maintain good [health of the uterus](#). It prevents some of the most common uterine problems that women have after menopause, including uterine tumors, bleeding, and pain. Furthermore, it regulates hormones like estrogen and ensures long-term health of the uterus, thereby reducing the chances of uterine and ovarian cancer.

Other Benefits: Clary Sage essential oil can be used to battle addiction (particularly drugs) and can stimulate a change in mentality towards a positive way of approaching life. Furthermore, it is anti-inflammatory in nature and can treat back aches and joint pain. In terms of skin care, it can help to regulate excess sebum production and prevent acne from forming. It also eases labor and reduces labor pains.

A Few Words of Caution: It can enhance the intoxicating effects of alcohol and other narcotics, since it is a relaxant and a sedative by nature. Heavy dosage can also cause headaches. Pregnant or nursing women should avoid using it, since there has not been enough research done on the transference of effects through breast milk to children. Also, it is slightly expensive, so save up your pennies!

Blending: Clary Sage Oil blends very well with oils of Lemon, Lime, Orange and other citrus fruits as well as Lavender, Pine, Juniper, Geranium, Sandal Wood, Jasmine and Frankincense oils.

<http://www.newdirectionsaromatics.com/clary-sage-essential-oil-p-219.html>

<https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-clary-sage-essential-oil.html>