

## Clary Sage Essential Oil

Botanical Name: *Salvia sclarea*

Plant Part: Leaves and Flowers

Extraction Method: Steam Distilled

Origin: China

Color: A thin brownish liquid (brown color due to recent late harvest).

Consistency: Medium

Note: Middle

Strength of Aroma: Medium Aromatic

Aromatic Scent: Clary Sage Essential Oil has an earthy, fruity and floral aroma that is both nutty and herbaceous.

Blends With: Bergamot, Cedarwood, Chamomile German, Chamomile Roman, Geranium, Jasmine, Lavender, Neroli, Orange, Rosewood, Sandalwood and Ylang-ylang.

Common Uses:

Acne, boils, skin inflammation, hair loss, dandruff, dry or mature skin, muscular aches and pains, cough/whooping cough, asthma attacks, eases menstrual pain, regulation of menstrual flow, labor pains, flatulence, intestinal cramping/gas, colic, stress, nerves, high blood pressure.

Cautions:

Clary Sage Oil is non-toxic, and non-sensitizing. It is not to be used during pregnancy. Numerous sources recommend avoiding Clary Sage Oil while drinking alcohol and while driving due to the oil's potential narcotic effect. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 213.]. Various sources state that the sclareol content contained within Clary Sage may induce an "estrogen-like action." For that reason, it would be wise for those with breast cancer, at high risk for breast cancer or that need to carefully regulate their estrogen levels avoid Clary Sage.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

