

CLARY SAGE ESSENTIAL OIL

Growing to around one metre high, Clary sage is a biennial plant, native to the Northern Mediterranean region and also some areas of Northern Africa and Central Asia. The essential oil is extracted from the flowering tops and foliage of the plant by steam distillation. With its herbaceous aroma, Clary Sage essential oil promotes relaxation and is helpful for a restful night's sleep. It has also traditionally been referred to as a female's friend.

Botanical Name	<i>Salvia sclarea</i>
Plant Part	Flowering tops and foliage
Actions	Relaxing, calming, sleep inducing, sexually stimulating, confidence building, invigorating.
May Help	Tension, depression, mental fatigue, migraine, respiratory problems, menstrual irregularities
Fragrance Note	Top
Blends with	Bergamot, Juniper, Geranium, Sandalwood, Cedarwood, Cardamom, Jasmine, Frankincense, Citrus Oils



Suggestions for use:

UPLIFTING BLEND	
Clary Sage	4
Bergamot	4
Carrier Oil	20ml

WOMEN'S BLEND	
Clary Sage	6
Bergamot	10
Ylang Ylang	4
Orange	5
Carrier Oil	50ml

*Quantity shown refers to number of drops of essential oils

Cautions

Do not use during pregnancy.

Do not use in conjunction with alcohol as it can cause exaggerated drunkenness and narcotic effects.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.