

Clary Sage

salvia sclarea 10ml

Clary Sage has been used since the Middle Ages for a variety of health concerns ranging from digestive disorders to nervous conditions. It has anti-inflammatory properties and is useful for respiratory infections.*

Clary Sage has a fairly unremarkable biochemical composition, the principle constituents of which are found in a large number of Essential Oils. It is the compounds found in low quantities or the trace elements that give it its most original properties. One of the essential qualities of Clary Sage is that it is rebalancing and antispasmodic. It fights depression manifestations and over-excitability in young girls or sensitive women.*

Unlike common Sage, Clary Sage does not contain any toxic biochemical compounds. It is devoid of ketones and rich in esters, which common Sage lacks. Clary Sage is fundamentally a terrain oil, and thanks to it, aromatherapists possess a remarkable means of regulating deep-seated gynecological problems and the psychological consequences ensuing as a result.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser to create an uplifting and light-hearted atmosphere.*
- **Inhalation:** Add 1 to 2 drops to to a tissue or cotton ball and inhale.*

bath

- **Bath:** Add 10 to 20 drops to ½ cup Pink Himalayan or Dead Sea salt and mix into warm bath water to assist with irregular or painful periods, colic, cramps, dyspepsia, and the pain of childbirth. Used in the bath, it can also help those suffering from nervous tension, stress, migraine, frigidity, impotence, and tiredness.*

topical

- **Hair/Scalp:** Dilute 1 to 2 drops in a teaspoon of carrier oil and massage into the scalp to stimulate hair growth and tonify the scalp.*
- **Lotion/Massage:** Dilute 5 to 10 drops in carrier oil and use to massage the abdomen and lower back to assist with irregular menstrual cycles or other problems of the reproductive system such as frigidity, impotence, the pain of childbirth, abdominal cramps and dyspepsia.*

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution(15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Leaves & Flower Heads

Extraction: Steam Distillation

Country of Origin: Russia

Main Chemical Constituents: Linalyl acetate, linalol, pinene

Therapeutic Properties: Anticonvulsive, antidepressant, antiphlogistic antiseptic, antispasmodic, aphrodisiac, astringent, bactericidal, carminative, cicatrizant, deodorant, digestive, emmenagogue, euphoric, hypotensive, nervine, regulator (of seborrhea), sedative, stomachic, tonic, uterine

responsible cautions

- Should be used in moderation as it can have a psychotropic effect.
- Pregnant women must not use Clary Sage before the 2nd trimester, and then only when properly diluted.
- Should not be taken in conjunction with other medicines or other substances that have an iron base.
- Should not be taken with alcohol as it will increase inebriation and may cause bad nightmares.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**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.*