

# Clary Sage

## *Salvia Sclarea Essential Oil*

Clary Sage has been used for thousands of years as a relaxing and calming essential oil that helps calm the skin as well as rejuvenates the body.

Size: 15ml Price: \$32.85

Size: 5ml Price: \$11.50

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

### Primary Benefits

Good tonic for the womb and female functions, Calming to the nervous system, promotes healthy looking hair and scalp, aids in a restful nights sleep, soothing and calming to the skin.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Woody, herbal, coniferous

### Collection Method

Steam Distillation

### Plant Part

Flower

### Main Constituents

Linalyl acetate, linalool, caryophyllene, a-terpineol, geraniol

### Description

Clary Sage is one of the most calming, soothing and relaxing essential oils available, and has been used since the Middle Ages. Clary Sage has wonderful benefits, including easing depression and nervous burn-out, as well as aiding in many female complaints. It is frequently used to calm the skin and has many calming properties that benefit the skin. Inhaling or diffusing Clary Sage can promote relaxation, and aid in a restful nights sleep.

### Uses

- Diffuse to calm nervous tension, stress, depression, and anxiety
- During your menstrual cycle, rub three to five drops on the abdomen for a calming, pain relieving massage
- When used with Spark Naturals Carrier Oil or in the bath, it can assist with muscle pains, menstrual problems, PMS, stress, cramps, and nervous tension
- Diffuse or apply topically at night for a restful sleep
- Add to shampoo or conditioner to promote healthy hair and scalp
- Combine with Spark Naturals Carrier Oils to soothe, massage, or rejuvenate the skin

### Properties

Antifungal, Antiseptic, Antispasmodic, Astringent, Mood Lifting and Sedative

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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