

CLARY SAGE
Salvia sclarea
A female's friend

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| Source: | France |
| Extraction: | Steam distillation of flowering tops and foliage |
| Blending Factor: | 4 |
| Odour Note: | Top |

Characteristics:

This oil is colourless to light olive/yellow fluid with a sweet, fruity, nutty, herbaceous fragrance and slightly heavy fragrance.

Safety Precautions:

Do not use during pregnancy - but is helpful during labour. Do not use in conjunction with alcohol. It can exaggerate drunkenness and narcotic effects.

History:

Used since ancient times in Greek medicine. Native to southern Europe, it was used as a flavoring herb for Rhine wines in medieval Germany. Therapeutic studies have found it useful as an anti-inflammatory and peripheral analgesic. Clinical trials involving the use of essential oils during labour have found Clary Sage effective for relaxation, as an analgesic and for its ability to promote labour.

Therapeutic Actions:

Anti-convulsive, anti-spasmodic, anti-inflammatory, aphrodisiac, deodorant, emmenagogue, digestive, nervine, sedative, stomachic, stimulant, uterine tonic

Enhances:

Calmness, relaxation, well being, creativity, vitality, sexuality, confidence, euphoria

Reduces:

Tension, depression, mental fatigue, migraine, respiratory problems, irregular menstruation

Uses:

Respiratory system: Asthma, coughs

Reproductive/Endocrine: Scanty/painful periods, endometriosis, menopause

Mental-Emotional: Depression, sexual indifference

Skin: Excessive oiliness

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Bergamot, Chamomile Roman, Cedarwood, Cypress, Frankincense, Geranium Juniper, Jasmine, Lavender, Sweet Marjoram, Pine, Rosewood, Sandalwood, Citrus Oils and Ylang Ylang.

| Aphrodisiac massage or bath | | Period Pain Blend | | Ladies Cheer up | |
|------------------------------------|-------|--------------------------|------|------------------------|---|
| Clary Sage | 4 | Clay Sage | 5 | Clary Sage | 3 |
| Patchouli | 3 | Lavender | 7 | Geranium | 2 |
| Ylang Yland | 3 | Peppermint | 2 | Mandarin | 3 |
| Total drops | 10 | Total drops | 14 | Total drops | 8 |
| Carrier oil | 20 ml | Carrier Oil | 28ml | In Vaporiser | |
| Or Dispersant | 5 ml | | | | |