

Clary Sage – *Salvia sclarea*

Code: T107 **Vol:** 5 ml

Country of Origin: Russia

About the oil

Distilled From: Steam distillation from the flowering tops and foliage.

Aroma & appearance: Powerful, woody, and herbaceous. Colorless to pale yellow.

Some beneficial ways of enjoying the oil:

- The pungent, herbaceous aroma of Clary Sage has a strongly uplifting yet soothing effect on the mind. In times of worry, soak in a warm bath using 2 drops of Clary Sage, 2 drops of Geranium and 3 drops of Lavender, all diluted in a teaspoon of Jojoba oil.
- An excellent relaxing massage oil can be made by blending 1 drop of Clary Sage, 1 drop of Roman Chamomile, and 2 drops of Sandalwood in 10ml of Sweet Almond oil.

The best Clary Sage comes from Russia, which is by far the most important producer, although France often plays a significant role in distribution.

Did you know?

Clary sage was often referred to as 'Muscatel' sage in Germany, as it was thought to share the taste of Muscatel wine.

Key Search words:

Uplifting, soothing, balancing, nerve relaxant, cell regenerator, antispasmodic, anti-depressant, tones and strengthens the nervous system.

Safety Data

Do not use Clary Sage during pregnancy. It is however extremely useful during childbirth.
