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# dōTERRA® CLARY SAGE

*Salvia sclarea herb top flowering oil essential 1 mL/mL*

*Woody, herbal, floral*

*Aromatic description*

Clary Sage has traditional benefits in aromatherapy to soothe & calm nerves and support a healthy menstrual cycle.

The main chemical component of Clary Sage oil is linalyl acetate, part of the esters group, making it one of the most soothing, and balancing essential oils. With a woody and herbal aroma, it makes a great oil for times when relaxation and peace is needed. Want to calm your nerves with the power of traditional aromatherapy? Try a dose of nature today to help support your wellness.

## PRIMARY BENEFITS

TRADITIONALLY USED IN  
AROMATHERAPY TO:

- Soothe and calm nerves
- Reduce nervous tension
- Enhance uterine health
- Support or regulate healthy menstrual cycle
- Relieve symptoms of premenstrual tension

## PRODUCT DESCRIPTION

Clary Sage is a biennial or perennial herb that grows up to six feet in height.

Known for its calming properties and benefits to the skin. The main chemical component of Clary Sage essential oil is linalyl acetate, part of the esters group, making it one of the most relaxing, soothing and balancing aromas.

The aroma of Clary Sage essential oil makes it an ideal aroma for inhaling prior to relaxation or before bed.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

**PLANT PART:** Flower/Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Linalyl acetate, linalool

## TIPS FOR USE

During your menstrual cycle, rub three to five drops on the abdomen for a soothing massage.

Combine with Roman Chamomile essential oil and add to bath water for a relaxing bath.

Add to shampoo or hair conditioner to promote healthy looking hair and scalp.

Combine with a carrier oil to massage and soothe the skin.



Certified Pure Tested Grade

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