

Clary Sage (NHP)

Salvia sclarea 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Woody, herbal, coniferous

Main Chemical Composition: Linalyl acetate, linalool

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Primary Benefits

- + Provides a relaxing, floral aroma
- + Serves as a natural skin moisturizer
- + Promotes a healthy-looking, radiant complexion
- + Reduces the appearance of skin imperfections

Description

Clary Sage is a biennial or perennial herb that grows up to six feet in height. Clary Sage is known for its calming properties and benefits to the skin. The main chemical component of Clary Sage is linalyl acetate, part of the esters group, making it one of the most relaxing, soothing, and balancing essential oils. In the Middle Ages, the Clary Sage plant was frequently used to soothe skin. Inhaling Clary Sage promotes feelings of relaxation, allowing for a restful night's sleep. NPN# 80060984.

Uses

Cosmetic

- + Apply topically to soothe and soften dry skin.
- + Combine with Lavender and add to bath water for a soothing fragrance.
- + Add to shampoo or conditioner to promote healthy-looking hair and scalp.
- + Add two drops to a warm washcloth and place over closed eyes for several minutes.

Household

- + Diffuse two drops Clary Sage, Frankincense, and Wild Orange during meditation.

Therapeutic

- + Used in aromatherapy as a nervine and calmative.
- + Used in aromatherapy to help relieve headache.
- + Used in aromatherapy to help relieve colds and cough.
- + Used in aromatherapy to relieve minor skin irritation, cuts, bruises, and burns.
- + Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- + Used in aromatherapy to help relieve joint and muscle pain associated with sprain, strain, and rheumatoid arthritis.

Directions

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

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin

Topical use: When used topically, dilute with carrier oil as desired.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.