

Clary Sage

A T I N



WHAT IT TAKES TO MAKE A BOTTLE:



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11 LBS

It takes 11 pounds of clary sage plant matter to produce 15 mL of Clary Sage essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of clary sage are:

calming

soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

57

Published studies on the benefits of clary sage

Numbers according to PubMed as of December 2017.

FUN FACT

Clary Sage has historically been used to make a love potion. When mixed with dried lavender, valerian and saffron leaves, and buttons from the clothes of the desired bachelor, this potion was believed to attract the man of the maker's desire.

WORKS WELL WITH:



FUN FACT

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