

Clary Sage

Salvia sclarea 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T I N

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Woody, herbal, floral

Main Chemical Components: Linalyl acetate, linalool

PRIMARY BENEFITS

- Help promote healthy-looking hair and scalp
- Help promote a restful night's sleep
- Calming and soothing to the skin

PRODUCT 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 help promote feelings of relaxation, allowing for a restful night's sleep.

USES

- Rub three to five drops on the abdomen for a soothing massage.
- Combine with Roman Chamomile and add to bath water for a stress-relieving bath.
- Diffuse or apply to pillow at night to help promote a restful sleep.
- Add to shampoo or hair conditioner to promote healthy hair and scalp.
- Combine with a carrier oil to massage, soothe, or rejuvenate skin.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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.

