

Clary Sage

Salvia sclarea 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **Plant Part:**
A T I N Flower

Extraction Method:
Steam distillation

Aromatic Description:
Woody, herbal, coniferous

Main Chemical Components:
Linalyl acetate, linalool

PRIMARY BENEFITS

- Promotes healthy-looking hair and scalp
- Promotes 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 promotes feelings of relaxation, allowing for a restful night's sleep.

USES

- During your menstrual cycle, 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 for a restful sleep.
- Add to shampoo or hair conditioner to promote healthy hair and scalp.
- Combine with dōTERRA Fractionated Coconut Oil to massage, soothe, or rejuvenate skin.

DIRECTIONS FOR USE

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

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

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut 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.

