

# Clary Sage

*Salvia sclarea* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**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

- Promotes healthy-looking hair and scalp
- Supports a restful night's sleep when taken internally†
- Calms and soothes skin

### Clary Sage

*Salvia sclarea* 15 mL

30420001

## 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 adds to a relaxing environment, and internal use promotes a restful night's sleep.†

## USES

- Rub three to five drops on abdomen for a soothing massage.
- Add to bath water for a stress-relieving bath.
- Mix with shampoo or hair conditioner to promote healthy hair and scalp.
- Combine with a carrier oil to massage, soothe, or rejuvenate skin.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fluid ounces 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.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.