

Clary Sage

Salvia sclarea

Therapeutic Properties: *Anti-convulsant, anti-depressant, antiphlogistic, antispasmodic, aphrodisiac, astringent, bactericide, carminative, deodorant, digestive, menorrhagia, hypotensive, controls seborrhea, protects the mucous of the stomach, tonifier.*

Clary Sage has a fairly unremarkable biochemical composition, the principle constituents of which are found in a large number of Essential Oils. It is the compounds found in low quantities or the trace elements that give it its most original properties. One of the essential qualities of Clary Sage is that it is rebalancing and antispasmodic. It fights depression manifestations and over-excitability in young girls or sensitive women.

Unlike common Sage, Clary Sage does not contain any toxic biochemical compounds. It is devoid of ketones and rich in esters, which common Sage lacks.

Clary Sage is fundamentally a terrain oil, and thanks to it, aromatherapists possess a remarkable means of regulating deep-seated gynecological problems and the psychological consequences ensuing as a result of these.

aromatherapy & home uses

Circulation, Muscles, and Joints: High blood pressure, muscular aches, and pains.

Digestive System: Cramps, dyspepsia, flatulence.

Genito-Urinary System: Amenorrhea, labor pain, dysmenorrhea, leucorrhea.

Nervous System: Depression, frigidity, impotence, migraine, nervous tension, and stress-related disorders.

Respiratory System: Asthma, throat infections, whooping cough.

Skin Care: Acne, boils, dandruff, hair loss, inflamed conditions, oily skin and hair, ophthalmia, ulcers, wrinkles.

suggested usage (10 years & up)

BATH:

- Add 10-20 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist with irregular or painful periods, colic, cramps, dyspepsia, and the pain of childbirth.
- Used in the bath it will also help those suffering from nervous tension, stress, migraine, frigidity, impotence, and tiredness.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser. Diffused into a room it creates an uplifting and light-hearted atmosphere.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

TOPICAL

- Diluting 1 to 2 drops in a teaspoon of Grape Seed Oil and rubbing into the scalp is reported to stimulate hair growth and tonify the scalp.
- 5 to 10 drops diluted in Grape Seed Oil and used to massage the abdomen and lower back is helpful in cases of irregular periods or other problems of the reproductive system such as frigidity, impotence, the pain of childbirth, and it can also be used to treat abdominal cramps and dyspepsia.

responsible cautions

- Unlike common sage, Clary Sage is non-toxic and does not cause irritations and sensitivity.
- It should be used in moderation as it can have a psychotropic effect.
- Pregnant women must not use Clary Sage before the 2nd trimester, and then only when properly diluted, nor should it be taken in conjunction with other medicines or other substances that have an iron base.
- Clary Sage should not be taken with alcohol as it will increase inebriation and may cause bad nightmares.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Producing Organ: *Leaves & Flower Heads*

Extraction: *Steam Distillation*

Country of Origin: *Russia*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



STANDARDS OF QUALITY

All ingredients in goDesana products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.