Clary Sage *(Salvia sclarea)*

Regulates and strengthens cell structure and balances hormones. May calm and enhance the dream state of sleep, bringing about a feelings of well-being and contentment. Use for muscular fatigue, menstrual problems & cramping, PMS, fertility, frigidity, impotence, menopausal problems, hemorrhoids, kidneys, bronchitis, throat infections, whooping cough, intestinal cramps, weak digestion, excessive perspiration, nervous tension and stress. Should be used with caution during pregnancy and is not for use with babies. Avoid during and after consumption of alcohol. This is an example of a single oil being quite ‘tricky’ to use but as a small percentage of a blend, it can be used safely and effectively in most situations.
Ingredient In: LeBalance, LeExhilaration, LeTomorrow, LeWomen Wise
Therapeutic Properties: May regulate cells and balance hormones, antiseptic, calmative, tonic, emmenagogue, anti-infectious, antispasmodic, anti-sudorific, aphrodisiac, nerve tonic, nervine, estrogen-like properties
Application: Appropriate areas on feet, directly on areas of concern
Aromatic: May reduce stress and tension and encourage communication; pleasant aroma but difficult to describe - has elements of earthiness, a fruit layer with floral, nutty and herbaceous aromas all at the same time
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