QUICK REFERENCE SHEET

CLARY SAGE

Salvia sclarea

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Whole Plant

Region of Origin:

Bulgaria

AFFINITY FOR:

digestive system, respiratory system, hormone balance, spleen meridian, governing vessel meridian, supports yang energy and moderates yin energy

THERAPEUTIC PROPERTIES:

regulates cells and balances hormones, antiseptic, calming, emmenagogue, anti-infective, antispasmodic, antisudorific, aphrodisiac, nerve tonic, estrogen-like properties

AROMATIC CONSIDERATIONS:

The aroma of Clary Sage promotes confidence and clarity about what you want your life to be.

APPLICATION:

Dilute well and apply to the feet or on the body.

⚠ CAUTIONS:

Clary Sage has a lower percentage of thujone than does common Sage (Salvia officinalis). Clary Sage is completely safe for most people in most applications when used in normal dosages. However, Clary Sage has a strong action on hormones and should be used with extreme caution during pregnancy. Clary Sage is not to be used with children because of these hormonal properties.

INGREDIENT IN:

LeBalance, LeExhilaration, LeMoonlight, LeTomorrow, LeVictory, LeWeightless, LeWoman Wise

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The emotional actions of Clary Sage are explained by the balance it establishes between stimulation and relaxation (yang and yin). Clary Sage calms tension, nervousness, and hypersensitivity, yet revives and revitalizes us when we are fatigued.

Clary Sage is a good oil for those who, when overtired, become hypersensitive and either weep or find fault with everyone around them. It is also a good choice for people whose lives show a pattern of continually choosing the wrong kind of friends. The aroma of Clary Sage calms the nerves and enhances the dream state of sleep. It brings about feelings of contentment.

PHYSICAL ASPECTS:

Clary Sage moderates excessive estrogen and yin energy. It is very effective for PMS, menstrual problems and cramping, infertility, frigidity and impotence, and some of the difficulties experienced during menopause. An excess of estrogen is linked to several women's cancers.

Clary Sage is useful in kidney infections, sore throat, and bronchial infections. It strengthens cellular structure and regulates cellular activity. It is an excellent oil, especially as part of a blend, for muscular fatigue and excessive perspiration.

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