



Clary Sage Essential Oil

Clary Sage (*Salvia sclarea* L.), a captivating biennial or perennial herb, stands gracefully up to 1 meter tall. Its leaves, cloaked in soft, downy hairs, are complemented by delicate bluish-purple blossoms, making it a sight to behold in the garden. Unveiling its rich heritage, the name "Clary" is traced back to the Latin term "claris," meaning 'clear,' while in the Middle Ages, it was hailed as the "Eye of Christ."

Clary Sage Essential Oil (France) boasts two unique preparation methods, each offering a distinct aromatic profile and therapeutic potential. The "Traditional *Salvia Sclarea*" or Dried variety preserves the essence of dried plant materials before the delicate steam distillation process, while the "Vert Broye *Salvia Sclarea*" or Fresh variety harnesses the vibrancy of freshly crushed leaves and flowers, imparting a subtly altered chemical composition and scent to the final product.

Botanical Name: *Salvia sclarea* L.

Plant Part: Leaves and Flowers

Main Constituents: Linalyl Acetate: 56 – 70.5%, Linalool: 13 – 24%

Origin: France

Processing Method: Steam Distilled both Fresh and Dried

Color / Consistency: A thin colorless to yellow brown, often pale yellow clear thin liquid (Fresh and Dried).

Aromatic Summary / Note / Strength of Aroma: A middle note of medium aroma, Clary Sage Essential Oil has a herbaceous with a sweet, floral aroma. The Dried variety has a slightly vinous odor, in comparison to the Fresh variety, which has a slight green odor.

Blends With: Bergamot, Cedarwood, Chamomile, Geranium, Jasmine, Lavender, Neroli, Orange, Rosewood, Sandalwood, and Ylang-ylang.

BENEFITS

Relief from Hot Weather Discomfort: Whether you're experiencing a heatwave or the discomfort of a stuffy room, Clary Sage Essential Oil's cooling properties offer immediate relief.

Stress Reduction and Emotional Balance: The sedative and calming properties of Clary Sage Essential Oil help ease tension and anxiety.

Improved Sleep Quality: Clary Sage's calming effects can help you unwind, de-stress, and even help achieve a deeper, more refreshing rest.

Rebalances Oily Skin: Clary Sage Essential Oil can be incorporated into your skincare and haircare routine to address issues like oily skin and scalp.

DIRECTIONS AND USES

- Tranquil Bath Time: Add 5-10 drops of Clary Sage Oil to warm bathwater, then soak and unwind.
- Balancing Facial Toner: Dilute a few drops of Clary Sage Oil with a carrier oil and apply as a natural toner to balance oily skin.
- Nighttime Aromatherapy: Enjoy a restful night's sleep by diffusing Clary Sage Essential Oil in your bedroom 15-30 minutes before bedtime.
- Acne Spot Treatment: Dab a drop of diluted Clary Sage Essential Oil on blemishes to aid in reducing redness and inflammation.
- Shine Enhancer: Add a drop of Clary Sage Essential Oil to your regular shampoo or conditioner to boost hair shine and vitality.

Size & Price: Contact Us