

Clary Sage

Common Name: Clary Sage

Botanical Name: salvia sclarea

Origin: France, Morocco, North America, Russia

Parts Used: flowering tops

Fragrance: hay-like, herbal, nutty, spicy, sweet



Blends well with: anise, bergamot, cedarwood, citrus oils, clove, frankincense, geranium, grapefruit, hyssop, jasmine, juniper, lavender, lime, marjoram, nutmeg, palmarosa, patchouli, pine, rose, tangerine, tea tree, and thyme

Aromatic Benefits: anxiety, aphrodisiac, balancing, calming, centering, euphoric, fatigue, fear, nervous tension, relaxing, stress, warming

Physical Uses: anxiety, back pain, decreased libido, depression, digestive disorders, insomnia, inflammation, menopause, neck strain, nervous tension, muscle pain, premenstrual syndrome, respiratory health, skin problems, stress

Safety Data: Avoid during pregnancy. Long periods of inhalation could cause headaches. Alcohol consumption while using clary sage could increase the effects of alcohol, so it's wise not to imbibe during use.

Recipe:

Children's Perfume

1 drop Rosewood
1 drop Clary Sage
15 ml jojoba oil

This perfume is uplifting, such as when your child is upset prior to going to a party.

The perfume can be made more subtle by the addition of more jojoba oil.

As well as smelling sweet and fresh, this perfume may be beneficial to your child's well being.

For educational purposes only. This information is not intended to diagnose, treat or cure any disease.