

Clary Sage

SALVIA SCLAREA

Clary Sage was highly esteemed during the Middle Ages and was known as “Oculus Christi,” meaning the eye of Christ or “clear eyes.” Monks were known to use it for eye troubles. Clary Sage is used for digestive disorders, kidney disease, and uterine and menstrual complaints.

COUNTRY OF ORIGIN

Native to southern Europe, planted in German vineyards, now in France, Russia, and the United States.

EXTRACTION METHOD

Steam Distillation

PLANT PART

Flowering tops, Leaves

BOTANICAL FAMILY

Lamiaceae (Labiatae)

CHEMICAL FAMILY

Esters; with linalyl acetate (60-70%) and Monoterpenes with linalool (10-20%)

AROMA

Tangy, Sharp

NOTE

Top-Middle

SAFETY

- Avoid during pregnancy.
- Narcotic effects and exaggerated drunkenness if used while drinking alcohol.
- Avoid with a history of estrogen-dependent cancer.
- Use in moderation with low blood pressure.

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THERAPEUTIC PROPERTIES

Women experiencing hormonal changes, menopause symptoms such as hot flashes find this oil quite beneficial. It effectively combats oily hair and is a superior oil for acne, wrinkles, and fine lines.

ANALGESIC	HYPOTENSIVE	NEUROTONIC
ANTISPASMODIC	NERVINE	MUCOLYTIC
ANTIBACTERIAL	SEDATIVE	ANTICOAGULANT
DEODORANT	TONIC	SEDATIVE
ANTIDEPRESSANT	UTERINE	GALACTAGOGUE
EMMENAGOGUE		

BODY SYSTEMS

DIGESTIVE

CRAMPING, DYSPEPSIA & FLATULENCE

ENDOCRINE

HOT FLASHES

INTEGUMENTARY

ACNE, BOILS & WRINKLES, HAIR CARE

LIMBIC

ANXIETY & DEPRESSION

NERVOUS

PARKINSON'S AND SEIZURES



BODY SYSTEMS (CONT.)

REPRODUCTIVE

ENDOMETRIOSIS AND BREAST CANCER

RESPIRATORY

RESPIRATORY INFECTIONS

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