



Name	Latin Name	Origin
Clary Sage	Salvia Sclarea	France
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$28	
Part of plant	Safety note	Conservation Status
Leaves and flowering tops	<ul style="list-style-type: none"> <li>• There are no safety issues known for this essential oil.</li> <li>• Some women have reported a significant increase in menstrual flow when used during heavy flow days.</li> </ul>	<p>No status of concern</p> <p>Not listed with a conservation status.</p>

Profile	Therapeutic Properties
<ul style="list-style-type: none"> <li>•Ester rich</li> </ul>	<ul style="list-style-type: none"> <li>• Analgesic</li> <li>• Anti-stressor</li> <li>• Antidepressant</li> <li>• Anti-inflammatory</li> <li>• Antibacterial</li> <li>• Antidepressant</li> <li>• Antispasmodic</li> <li>• CNS (central nervous system) sedative</li> <li>• Emmenagogue</li> <li>• Immunostimulant</li> <li>• Used with laboring women for its natural birth encouraging qualities, it may ease an expectant mother into labor gently. When in a state of panic clary sage can settle the nerves and instill calmness</li> <li>• Clary Sage is a great hormone balancer therefore ideal in blends for the menopause, PMT and mood swings</li> <li>• Frequently used to soothe skin</li> <li>• It supports healthy lung function by minimizing spasms in the bronchial tube and can help open the airways during a minor asthma attack</li> <li>• Emotionally uplifting and nourishing. This essential oil can help manage situational anxiety and depression, working to unblock or release stagnant energy.</li> <li>• Clary sage essential oil allows creative inspiration to flow freely, often helping in times of indecision or emotional confusion</li> </ul>

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy</p>	

Linalyl acetate, linalool (analgesic, antibacterial, anticonvulsant, antifungal, anti-inflammatory, antinociceptive, antioxidant, antispasmodic, antitumoral, antiviral, anxiolytic, cholinesterase inhibitor, immunostimulant, hypotensive, vasorelaxant, sedative).

#### 1st essential oil synergy combinations

bergamot, bergamot mint, petitgrain Bigarade, lavender.

#### 2nd essential oil synergy combinations

sweet marjoram, neroli, thyme ct linalool .

#### 2nd component synergy

Germacrene D,  $\alpha$ -caryophyllene,  $\alpha$ -terpineol, geranyl acetate, geraniol (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antioxidant, antispasmodic antitumoral, antiviral, anxiolytic, cardioprotective, gastroprotective, hypotensive, neuroprotective, sedative, pediculocidal, wound healing) .

#### 1st essential oil synergy combinations

balsam copaiba, black pepper, blackcurrant bud abs., cananga, melissa, ylang ylang.

#### 2nd essential oil synergy combinations

combava peel, coriander seed, Eucalyptus radiata, geranium, Greek sage, lemon, lemon thyme, lemongrass, lime, melissa, neroli, orange blossom abs., palmarosa, plai, ponderosa pine, rosemary, thyme ct geraniol.

#### Potential psychological therapeutic solutions

Acute/stress related anxiety: balsam copaiba, bergamot, bergamot mint, geranium, hay, mandarin, melissa, neroli, palmarosa, petitgrain Bigarade, rose, sandalwood, sweet marjoram, sweet orange, ylang ylang  
Debility, depression: bergamot, black pepper, combava peel, coriander seed, jasmine, golden champaca, hay abs., hops, lemon, lime, mandarin, orange blossom abs., petitgrain Bigarade, ponderosa pine, rose, rosemary, sandalwood, sweet orange, ylang ylang.

#### Potential psychological therapeutic solutions

Acne: blackcurrant bud, cinnamon leaf, combava petitgrain, coriander seed, jasmine, ylang ylang, rose, rosemary, sandalwood, tulsi, vetiver  
Digestive cramp, spasm: basil ct estragole and ct linalool, coriander seed, fennel, hops, lavender, mandarin, peppermint, Roman chamomile, spearmint, sweet marjoram, tarragon, thyme ct linalool  
Dysmenorrhea: angelica root, fennel, geranium, jasmine, rose, plai, sweet marjoram  
Pain, inflammation, tension, spasm: balsam copaiba, basil CT linalool, bergamot mint, bergamot, black pepper, cardamon, cinnamon leaf, clove bud, coriander seed, geranium, hops, juniperberry, lavender, lemongrass, mandarin, nutmeg, Roman chamomile, rosemary, sweet marjoram, tarragon, ylang ylang  
Respiratory allergy, asthma, tightness in chest: black pepper, Eucalyptus radiata, lavender, plai, rose, sweet marjoram, thyme

#### References

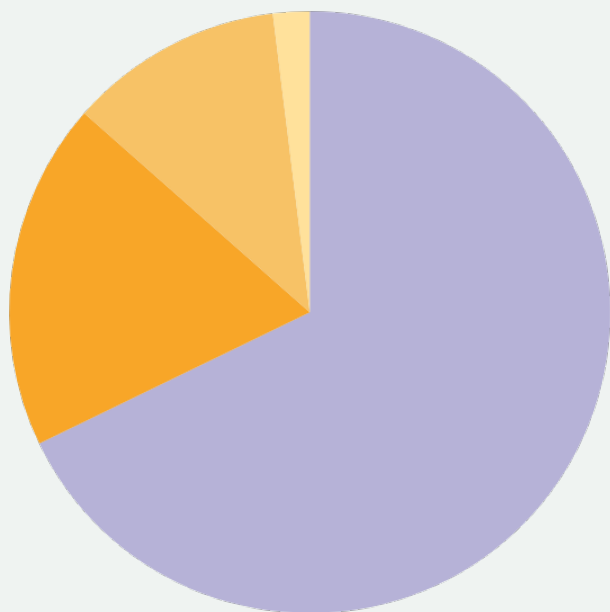
Rhind JP. (2019) Essential Oils 3rd Edition. London:

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Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings
Middle	Balancing	2 Muscular/Skeletal 2
	Sensual	2 Reproductive 3
	Calming	2 Skin 2

Ingredient notes

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**Chemical families**

esters	65.54%
monoterpenols	18.06%
sesquiterpenes	11.15%
monoterpenes	1.9%

**Complete chemical breakdown**

**esters**

linalyl acetate	63.51%
geranyl acetate	1.33%
neryl acetate	0.7%

**sesquiterpenes**

germacrene d	6.39%
b-caryophyllene	3.17%
a-copaene	1.59%

**monoterpenols**

linalool	14.19%
geraniol	2%
a-terpineol	1.13%
nerol	0.74%

**monoterpenes**

limonene	1.03%
trans-ocimene	0.5%
cis-b-ocimene	0.3%
myrcene	0.07%