



## Clary Sage Essential Oil

**DESCRIPTION:** Encourage feelings of rest with this herbal and sweet aroma. Diffuse to help relax and ease stress away.

**TOP AROMATHERAPY BENEFITS:** rest • soothe • relax

**AROMA:** Herbal & Sweet

**BLENDS WITH:** Bergamot, Grapefruit, Lavender

**INGREDIENTS:** Salvia sclarea (clary) oil

**COLLECTION METHOD:** Steam Distilled

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a restful and relaxing aromatherapy experience.

#### Linen Mist

Add a few drops to a spray bottle, shake well and use as a linen mist before sleep.

#### Use Before Bed

Dilute with carrier oil and apply to feet at bedtime to promote calm feelings.

#### Add to Bath

Add a few drops to a warm bath for a soothing calming soak.

#### Moisturizer

Use with a carrier oil as a natural skin moisturizer.

#### Healthy Hair

Combine with carrier oil and apply to ends of hair for vibrant, healthy strands.

#### Natural Hairspray

Create a natural hairspray with 1 cup water, 2 teaspoons sugar, and 2 drops each of clary sage, lavender, rosemary, and peppermint.

#### Bath Salts

Combine 15-20 drops essential oil with 2 tablespoons coconut oil and 2 cups Epsom salt for a balancing soak.

#### Aphrodisiac

Add to a carrier oil and apply to pulse points for a natural aphrodisiac.

#### Balance

Dilute and apply topically when experiencing mood swings.

#### Encourage Relaxation

Dilute and apply to pulse points to encourage relaxation when experiencing PMS symptoms, head tension and stress.

#### Encourage Metabolism

Combine with a carrier oil and apply to wrists and chest when dieting and exercising.

### DIY AROMATHERAPY BLENDS:

**Balance:** Clary Sage + Cedarwood

**Bedtime:** Clary Sage + Lavender

**De-Stress:** Clary Sage + Bergamot

**Happy:** Clary Sage + Lavender + Orange

**Honeymoon:** Clary Sage + Patchouli + Ylang Ylang

**Peaceful:** Clary Sage + Bergamot + Patchouli

**Revitalize:** Clary Sage + Grapefruit + Lemon