



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

BLEND 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

Dilution Ratio: Best practices state that one ½ tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.