



# Garden of Flora

PURE & NATURAL ESSENTIAL OILS

## CLARY SAGE

*Salvia sclarea*

Clary Sage essential oil is sourced in Russia and is extracted by steam distillation from the flowering tops and leaves of the *Salvia sclarea*. Main elements include linalool, alpha terpineol, geraniol.

### Cautions

Possible skin sensitivity - may cause skin sensitising or irritation. Avoid use whilst consuming alcohol. External use only. Do not use undiluted on the skin. Avoid contact with eyes, ears, mucus membranes, and sensitive areas. If you are pregnant, nursing, or using prescription medication, consult your Doctor or qualified health care practitioner before using essential oils. Not recommended for use on children under 12 years. Store in a cool dry place, out of reach and sight of children.



Clary Sage essential oil has a warm, sweet fragrance. It has calming properties that promote relaxation, restful sleep and meditation. Use in massage to relieve tense, tired muscles and to soothe the skin. Thought to have aphrodisiac qualities. Promotes clarity.

### Directions

Massage or topical use add 3-5 drops per 10ml of carrier oil. Diffuser add 4-5 drops to cold water. Inhalation add 2-3 drops to hot water. Bathing add 5-10 drops to water or carrier oil, stir into bathwater.

Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin. Can be blended with other essential oils including Frankincense, Geranium, Lavender and Ylang Ylang.

Order Code 7159 (10ml)

100% Natural. Suitable for vegetarians & vegans

Take a look at the full range of Garden of Flora Essential Oils - 10ml

### BASIL

Spicy, fresh, invigorating. Relieves stress and fatigue. Awakens the mind.

7152



### BERGAMOT

Fresh, sweet, mood enhancing. Relieves tension, promotes calm. Helps troublesome skin.

7153



### BLACK PEPPER

Warm, spicy, energising. Soothes joints & muscles. Provides emotional support.

7154



### CEDARWOOD ATLAS

Sweet balsamic fragrance, spiritual, grounding, strengthening.

7155



### CINNAMON

Warm, spicy, uplifting and energising. Soothing for mind and body.

7157



### CITRONELLA

Crisp, fruity, stimulating. Promotes positivity. Insect repellent qualities.

7158



### CLARY SAGE

Warm, sweet, euphoric. Relaxing to mind and body. Relieves tension.

7159



### CLOVE LEAF

Distinct warm aroma well known for pain relief in dental care. Aids sleep.

7160



### EUCALYPTUS

Clean, camphorous aroma clears sinuses and respiratory system. Joint relief.

7161



### FRANKINCENSE

Warm intoxicating, spiritual. Calming, balancing. Helps skin blemishes.

7163



### GERANIUM

Sweet rosy aroma, calming, relieves stress and anxiety, soothes skin

7164



### LAVENDER

Fresh floral fragrance. Calming, soothing, relaxing. Aids restful sleep.

7168



### LEMON

Crisp citrus aroma purifying and cleansing. Awakes the senses, dispels fatigue.

7170



### LEMONGRASS

Stimulating, herby aroma. Emotional, spiritual cleansing. Soothes, tones muscles.

7169



### MANDARIN

Sweet citrus aroma, soothing and calming, promotes deep restful sleep.

7172



### ORANGE

Sweet, fruity, uplifting aroma. Elevates mood, cleansing & purifying.

7175



### PATCHOULI

Warm, spicy, musky. Calming, grounding, spiritual. Valued in skincare.

7176



### PEPPERMINT

Cool, sweet aroma. Clears airways. Refreshing, uplifting, aids focus and concentration.

7177



### TEA TREE

Medicinal, camphorous, cleansing, rejuvenating. Antifungal, antiseptic.

7183



### YLANG YLANG III

Sweet, calming fragrance. Aphrodisiac properties, lifts mood. Reduces anxiety.

7185

