



CLARY SAGE Essential Oil



Botanical Name: *Salvia sclarea* L.

Plant Part: Leaves and Flowers

Origin: France

Processing Method: Steam Distilled both Fresh and Dried

Child Safe: Yes

Description / Color / Consistency: A thin colorless to yellow-brown, often pale yellow clear thin liquid (Fresh and Dried).

Aromatic Summary / Note / Strength of Aroma: A middle note of medium aroma, Clary Sage Essential Oil has a herbaceous with a sweet, floral aroma. The Dried variety has a slightly vinous odor, in comparison to the Fresh variety, which has a slight green odor.

Major Constituents

- Linalyl Acetate
- Linalool
- α -Terpineol
- Germacrene D
- B-Caryophyllene

Aroma

Distinctive, sweet, light, warm, and herbal. Look for tobacco-like, tea-like, hay, woody/cedar, and balsamic notes. Clary Sage is complex. However, the linalool contributes floral/woody notes, and linalyl acetate is sweet, floral-fruity, and Bergamot-like.

Therapeutic Properties

Analgesic: Linalyl acetate has antinociceptive activity in vivo. Linalyl acetate has antinociceptive activity.

Anti-inflammatory: Clary Sage has shown anti-inflammatory action.

Antidepressant: Clary Sage has demonstrated good anti-stress activity and is an antidepressant.

Antibacterial: The essential oil has antibacterial actions. It is active against *Staphylococcus epidermidis*, which is implicated in acne.



Antispasmodic: Linalyl acetate, a major component of Clary Sage essential oil, can induce relaxation of smooth muscle.

CNS sedative: The essential oil typically contains 10-16% linalool, which is known to have sedative activity. We also know that linalyl acetate works synergistically with linalool and that the sedative action of Lavender depends on the presence of both constituents. It is highly likely there is a similar situation with Clary Sage essential oil, and that it has a sedative action.

Emmenagogue: There is no directly supportive research to substantiate this, but many women have reported that Clary Sage brings on a heavy menstrual cycle and increased bleeding.

Immunostimulant: There is no directly supportive research for the essential oil. However, Clary Sage contains substantial amounts of linalyl acetate, which does have immunostimulant activity in vitro.

Clinical Applications

Digestion: For stress-related digestive discomfort, spasm, or gas, Clary Sage blends well with Roman Chamomile, Bergamot, Anise, Sweet Marjoram, and Black Pepper.

Menstruation: For dysmenorrhea, a blend of Lavender, Clary Sage and Marjoram (2:1:1 ratio, 3% in a cream base for abdominal massage) provides pain relief and reduces the duration of pain.

Musculoskeletal: Clary Sage can be used in massage blends and creams for pain and discomfort due to inflammation and spasm.

Respiratory: Clary Sage has a wide range of actions for people with respiratory issues, such as asthma. The oil is often used in asthma blends, as it relieves spasms in the chest and helps ease anxiety and emotional tension that can accompany asthma.

Skin: Clary Sage would be a good choice in anti-acne blends, because of its antibacterial and anti-inflammatory actions.

Stress, tension, and depression: Clary Sage's uplifting, relaxing and antidepressant actions make it ideal for emotional issues.

Safety Data

No known safety issues from the research.

A word of caution: Some women have reported significantly increased menstrual flow when used during an already heavy period.

****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.**



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