

Clary Sage Essential Oil

Botanical Name

Salvia sclarea

Strength of Initial Aroma

Mild

Aromatic Description

Sweet floral herby aroma

Blends Well With

Most essential oils

Clary Sage Essential Oil Uses

- Perfumery/Fragrancing
- Anti-bacterial
- Anti-convulsive
- Anxiety
- Anti-fungal
- Deodorizing
- Spasms
- Stress
- Depression

Kid friendly

- Digestive
- Emmenagogue
- Excessive Sweating Prevention
- Oily Skin
- Greasy Hair
- Dandruff
- Menstrual and Menopause Aid

Sources: www.perfectpotion.com.au Salvatore Battaglia 2018 Clary Sage EO
Monograph

Clary Sage Essential Oil Safety Information

Clary sage oil has been reported to be non-toxic, non-irritant and nonsensitising.²²

The oil is contraindicated during pregnancy.^{21,22} However, Tisserand & Young state that there are no known contraindications.²⁵ Just because clary sage is labelled as an emmenagogue does not imply that the oil is an abortifacient in the amounts used in aromatherapy, and as such, it should present no danger in pregnancy.³⁶ Lis-Balchin also states that clary sage oil is often quoted in aromatherapy literature as being oestrogenic, however, no clear scientific evidence has been forthcoming.²³

As cited per www.perfectpotion.com.au Salvatore Battaglia 2018 Clary Sage EO
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As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.

kid friendly