

Clary Sage

Botanical Name: *Salvia sclarea*

Note: Middle; Odor Intensity: Medium

KEY USES:

- Anxiety
- Asthma
- Amenorrhea
- Aphrodisiac
- Dysmenorrhea
- Dandruff
- Nervous Tension
- Hemorrhoids
- Hypertension
- Intestinal cramps, colic
- Menopause, hot flashes
- Muscular tension, aches, strains
- PMS
- Sweating, excessive

Aroma: Clean, nutty, sweet, warm, green

Blends well with: Geranium, lavender, bergamot, sandalwood, rose.

Properties: Anticonvulsive, antiseptic, antispasmodic, aphrodisiac, cicatrizant, emmenagogue, euphoric, hypotensive, sedative.

Emotional concerns: Clary sage is indicated for nervous anxiety, shallow breathing, depression and nervous tension. It is also helpful for emotional confusion and indecision. Clary sage, considered a euphoric, should only be used in moderate doses.

Contraindications: Do not use during pregnancy. Do not use while drinking alcoholic beverages, as this may increase the narcotic effect. Overuse can cause headache and stupor. Avoid using in cases of low blood pressure and estrogen-dependent tumors.

Clary sage was highly esteemed for its healing properties in the Middle Ages. Medieval authors referred to it as “clear eyes,” because the mucilage from its seeds was used to clear the eyes of foreign particles.

Clary sage may be helpful in reducing high blood pressure, and because of its antispasmodic properties, it is helpful in treating asthma and muscle strain. Clary sage is also useful in addressing conditions of female hormone imbalance, including excessive sweating associated with menstruation or menopause, infrequent or scanty periods, and hot flashes.

HOT FLASH RELIEF

6 oz distilled water

4 drops Clary sage

3 drops Roman chamomile

3 drops geranium

2 drops lemon

- 1 drop pine
- 2 drops peppermint

Pour water into a spray bottle. Add essential oils. Shake to mix, and always shake before spraying. When you feel a hot flash coming, spritz yourself and inhale or spritz a cloud of the mixture and walk through it.

PMS ABDOMEN RUB

- 3 drops lavender
- 2 drops Roman chamomile
- 2 drops geranium
- 3 drops Clary sage
- 5 drops sandalwood

Mix with 30 ml carrier oil and massage into abdomen.