

Clary Sage

Salvia sclarea 15 ml

dōTERRA® | EUROPE

PRODUCT INFORMATION PAGE



Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Woody, herbal, floral

Main Chemical Components: Linalyl acetate, linalool

PRIMARY BENEFITS

- Calming and soothing to the skin
- Promotes healthy-looking hair and scalp

Clary Sage

Salvia sclarea 15 ml

Part Number: 60204696

PRODUCT DESCRIPTION

Clary Sage is a biennial or perennial herb that grows up to six feet in height. Clary Sage is known for its calming properties and benefits to the skin. The main chemical component of Clary Sage is linalyl acetate, part of the esters group, making it one of the most relaxing, soothing, and balancing essential oils.

USES

- Add to shampoo or hair conditioner to promote healthy hair and scalp.
- Combine with dōTERRA Fractionated Coconut Oil to massage, soothe, or rejuvenate skin.
- Combine with Roman Chamomile and add to bath water for a stress-relieving bath.
- During your menstrual cycle, rub three to five drops on the abdomen for a soothing massage.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Food additive use: Dilute one drop in 125 ml of liquid.

Topical use: For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

