Clary Sage

*Salvia sclarea - Lamiaceae (Labiafae)*

Native of southern Europe and Syria, it is a biennial species growing 1 - 1.2 metres tall with velvety hairy leaves which are arranged in pairs and can be as large as a hand, oblong and heart-shaped. Bees love the large spikes of pale mauve flowers and the whole plant has a strong aromatic scent.

**Place of Origin**

- France, Russia, Morocco, UK

**Part of plant used**

- Flowering tops, leaves

**Method of Extraction**

- Steam distillation

**Characteristics**

**Yield**

- 0.1%

**Colour:** Colourless-pale yellow

**Perfume notes:** Top, middle

**TR**

D

**Aroma:**

**Chemical Composition**

<table>
<thead>
<tr>
<th>Monoterpenes</th>
<th>Monoterpenols</th>
<th>Esters</th>
<th>%</th>
<th>%</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>myrcene</td>
<td>geraniol</td>
<td>linalyl acetate</td>
<td>1-2</td>
<td>Sesquiterpenes</td>
<td>beta-caryophyllene</td>
</tr>
<tr>
<td>germacrene</td>
<td>linalool</td>
<td>geranyl acetate</td>
<td>1-5</td>
<td>Diterpenols</td>
<td>sclareol</td>
</tr>
<tr>
<td></td>
<td>nerol</td>
<td>neryl acetate</td>
<td>24</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Properties:** Antispasmodic, antidepressant, emmenagogue, euphoric, hormone stimulant, nervine, tonic, antifungal, astringent, carminative, stomachic

**Precautions:** Avoid alcohol when using clary as its euphoric action can aggravate drunkenness.

Caution in cases of manic / psychotic disorders

Sclareol is *thought* to produce hormone stimulation

Caution in oestrogenic sensitive conditions e.g. breast cancer

*Notable emmenagogue action. Caution in pregnancy and during menstruation*
Salvia sclarea - Lamiaceae (*Labiatae*)

**Indications**

- **Circulatory**
- **Musculo-skeletal**
  Headaches, cramps, muscular aches & pains

- **Digestive**
- **Nervous**
  fear, paranoia, depression, panic, hysteria,
  anxiety, post-natal depression, stress related
tension, insomnia

- **Genito-Urinary / Gynaecological**
- **Respiratory**
  Dysmenorrhoea, PMS, scanty periods,
  menopausal irregularities, labour
  Antispasmodic effect can help in treatment of
  asthma together with associated emotional
  anxiety

- **Immune System**
- **Skin**
  Scalp stimulant, greasy hair, dandruff

**Clinical Research**

An 8 year study looked at using essential oils during labour, to reduce stress levels, anxiety
and pain. High levels of satisfaction among mothers and delivery team were reported for the
following oils: clary sage, lavender, peppermint, eucalyptus, mandarin, jasmine, rose,
chamomile, rose, frankincense and lemon

The diterpenol - sclareol - rarely found in essential oils is believed to be a hormone stimulant
although this has yet to be scientifically verified.

**Psychological uses**

Invaluable in the treatment of Nervous system exhaustion, regenerating and invigorating the
mind. It is one of the most useful oils for easing the symptoms of stress, both physically and
emotionally. Clary is an excellent relaxant, having aphrodisiac and balancing qualities, making
it the oil of choice for restoring general equilibrium, particularly around the times of puberty
and menopause.

Deep seated gynaecological problems and the psychological consequences arising from
these can be effectively addressed with clary sage, which will lend its uplifting, euphoric action
to a blend, boosting the individuals’ confidence to deal with the issues of the past and so
move on.

**Summary**

Euphoric, antidepressant, antispasmodic