



CLARY SAGE

Essential Oil *Salvia sclarea*

Used in aromatherapy

Experience Wellness in Body & Soul

- **BODY:** Relieve minor skin irritations due to cuts, scrapes, bruises or minor burns with Clary Sage essential oil. Helps with the relief of tired muscles or for joint and muscle pain associated with sprains, strains or rheumatoid arthritis. Apply topically or inhale for relief from digestive discomfort from gas or bloating as well as help smooth muscle contraction of the gastrointestinal tract. This oil can also help with symptoms of a cold, cough, sore throat or congestion as well as symptoms of a headache.
- **SOUL:** Clary Sage has an herbaceous aroma that is believed to create a calm and relaxing environment.

USAGES: *Local application, body massage, topical application, sprays used for muscle pain/other topical use, bath, direct inhalation, steam inhalation, compresses*



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