

Clary Sage

Salvia sclarea (Linn.)

Common Name: Clary sage, Clear eye, See bright, Eyebright
Botanical Family: Labiatae

Botany: Clary sage is a perennial or biennial native to Mediterranean countries and it is cultivated in Central Europe, England, Morocco, the USA and parts of the former Soviet Republic. Its stems are square and brownish growing to 2-3 feet high. "The stems are hairy and have few branches. The leaves are arranged in pairs, almost stalkless, and are almost as large as the hand, oblong and heart-shaped, wrinkled, irregularly toothed at the margins and covered with velvety hairs. The flowers are in a long, loose, terminal spike, on which they are set in whorls."¹

Country of Origin: France

Part of Plant used: Flowering tops

Extraction method: Distillation

Oil content: 0.12 - 0.15%

Astrology: Under the dominion of the Moon

Color of Oil: Colorless to pale yellow

Odor Description: Sweet, nutty, floral, earthy

Blending Factor: 2 to 3

Notes: Top-strong Mid-strong Base-weak

Volatility Rate: 82

Safety Information: · Non-irritating, Non-sensitizing²

Chemical Constituents:

Monoterpenes: α -pinene (0.02-0.21%), β -pinene (.01-.17%), sabinene, camphene (.01-.03), myrcene (0.34-.98%), terpinolene, p -cymene, α -terpinene (trace), limonene (0.1-0.8%)

Sesquiterpenes: β -caryophyllene (0.8-3%), germacrene D (1.6-4%), curcumene, trans calamene, trans-ocimene (0.4-1%), terpinolene (0.1-.4%), α -cubebene trace, α -copaene (0.1-0.5%), β -bourbonene (0.1%)

Alcohols: linalool (8.88-28.48%), α -terpineol (0.2-2.64%), citronellol, nerol (.05-.56), geraniol (trace - 2%), borneol, isoborneol, thujol, terpinen-4-ol (<0.1%), α -bisabol, junerol, sclareol (0.2-2%), cis-3-hexanol trace

Aldehydes: trans-20 hexanal (0.1%)

Esters: linalyl acetate (49-74.18%), citronellyl acetate, geranyl acetate (0.3-2.07%), neryl acetate (0.13-1.08%), butyrates, valerates, bornyl acetate (0.2%), α -terpinyl acetate trace (0.1%)

Oxides: 1,8 cineol, trans-linalool oxide

Ketones: α and β -thujones

Actions on the body: Antidepressant, antiphlogistic, antiseptic, antispasmodic, aphrodisiac, balsamic, emmenagogue, hypotensive, muscle relaxant, nervine, parturient, sedative, spasmolytic, uterine

Main Therapeutic Properties

The Endocrine system: balancing, can help to regulate menstrual cycle, Key oil in the treatment of PMS and related upsets, cramps, tonic to uterus, balancing to hormones, very powerful support for Geranium

The Nervous system: strong sedative, nerve tonic especially when nervous system is exhausted

The Reproductive system: tonic to uterus, aids hormonal balance, PMS, menopause, scanty or painful periods, to ease pain during labor, relaxing

The Respiratory system: can be calming during an asthma attack, soothes sore dry throats

The Skin: useful for treating eczema caused by stress or anxiety, helpful antiphlogistic

Psychology of: euphoric, can create light-headedness, calming, good for irritation, anger, mental fatigue, insomnia, and stress



Additional notes:

"Essentially, clary sage counteracts the slow, insidious internal ravages of unproductive stress by systematically relaxing, grounding and revitalizing."¹

"Other properties of Clary sage by Peter Holmes²: one of several prime stress busters, its euphoric action on consciousness helps to dispel depression, especially when depression arises from nervous burn-out, helps relieve anxiety states: including those involving fear, paranoia and delusions, grounding, centering, strengthening, sense-enhancing. Clary sage also restrains secretions and stops discharges, including diarrhea, excessive sweating and sebum production. Clary sage quickly dispels shallow feeling and emotional posturing. The oil directly affects the uterine muscles and other parts of the females reproductive organs. Useful in treating menstrual cramps due to its spasmolytic action on the womb. The oil's linalyl acetate helps explain this relaxant effect in the presence of spasmodic dysmenorrhoea."

Clary sage is a valuable raw material for perfumers. Clary sage is also found in flavors, especially in wine and cigarettes.

¹Peter Holmes, "Clary sage", *The International Journal of Aromatherapy*, Spring 1993, Vol 5 No 1, p. 15.

²Ibid., p. 15-16.