

Essential oils at a glance – Clary Sage

Dr Gillian Hale

Oil of the month – Clary Sage

Name of oil:	Clary Sage	Latin name:	<i>Salvia sclarea</i>
Description of plant:	A strong aromatic, shrubby herb reaching 3 ft (1 m) with spikes of white, violet or pink flowers. Native to the Mediterranean, but cultivated worldwide. The highest quality oil is produced in France, Britain and Morocco	Nature of oil:	A colourless to pale yellow liquid. The aroma is sweetly herbaceous and nutty with a floral tinge. Its odour effect is uplifting, and relaxing; a reputed aphrodisiac
Method of oil extraction:	Steam distillation of the flowering tops and leaves	Blends well with:	Most oils, especially bergamot, jasmine, mimosa, juniper berry, lavender, neroli, petitgrain, pine frankincense and vetiver
Specific precautions required:	Not to be used during pregnancy. May cause drowsiness if used with alcohol		
Aromatherapeutic properties:	Hypertension, muscular aches and pains, respiratory problems, irregular menstruation, depression, migraine, nervous tension and stress-related disorders		

Information from: Wildwood C. *Aromatherapy*. Bloomsbury Publishing Plc, 1996.

For more information on essential oils and, specifically, their role in stress management, visit:

<http://www.aromatherapy-stress-relief.com/stressatwork.html>

Dr Gillian Hale is co-founder of [Aromatherapy-stress-relief.com](http://www.aromatherapy-stress-relief.com),

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