

### **Product Description:**

Extracted from the Salvia sclarea plant, **Clary Sage Essential Oil** has a sweet, herbal, and slightly floral aroma. Recognized for its calming and balancing properties, it is commonly used for stress relief and hormonal support. Clary Sage oil may also aid in promoting relaxation and supporting a restful sleep. It blends well with citrus, floral, and herbal oils.

**Product Code:** [EZ06-EO]

**Botanical Name:** Salvia Sclarea

**Country of Origin:** France

**Extraction Method:** Steam Distilled

\* **Note:** COA and MSDS available on request.

### **Guidelines for Use:**

1. **Dilution for Skin:** Mix 2-3 drops of Clary Sage essential oil with a carrier oil (such as sweet almond or jojoba oil) before applying to the skin. This ensures proper dilution, minimizing the risk of skin irritation.
2. **Balancing Facial Mist:** Dilute Clary Sage oil with water in a spray bottle and mist it onto your face for a balancing and refreshing experience. This can be especially beneficial for combination or oily skin types.
3. **Sensual Massage Oil:** Combine Clary Sage essential oil with a carrier oil for a sensual massage blend. This can help relax tense muscles and create a calming atmosphere.
4. **Aromatherapy Diffusion:** Inhale the sweet and herbal aroma of Clary Sage oil by adding a few drops to a diffuser. This can promote emotional well-being and a sense of relaxation.
5. **Calming Bath Soak:** Add a few drops of Clary Sage essential oil to your bathwater for a calming and aromatic bath experience. This can be particularly soothing after a stressful day.

### **Caution:**

Always perform a patch test before widespread use, and be cautious if you have sensitive skin. Consult with a healthcare professional or dermatologist for personalized advice, especially if you have specific skin concerns or conditions.