

# CLARY SAGE

## SALVIA SCLAREA

Country of Origin: Russia

Steam Distilled from leaves and flower heads

Clary Sage is a softly herbaceous, subtly floral oil known for its ability to bring the body and mind back into balance. Distilled from the flowering tops of *Salvia sclarea*, it carries a naturally calming, centering presence that has made it a staple in traditional aromatherapy for centuries.

What sets Clary Sage apart is its unique ability to support both emotional steadiness and physical ease at the same time. Its ester-rich profile contributes to a smoothing, tension-relieving effect, helping quiet overstimulation while encouraging a more grounded, regulated state. It's especially valued when the body feels out of rhythm - whether from stress, hormonal fluctuations, or general overwhelm.

## FUNCTIONAL CONSTITUENTS

<b>Linalyl Acetate</b>	The dominant ester in Clary Sage, responsible for its calming, antispasmodic character. Plays a key role in easing physical tension and supporting a more balanced nervous system response.
<b>Linalool</b>	A well-studied monoterpeneol that contributes to Clary Sage's relaxing and mood-supportive effects. Helps quiet nervous tension while promoting a sense of emotional steadiness.
<b><math>\alpha</math>-Pinene</b>	A fresh, uplifting terpene that adds a subtle clarifying edge. Supports respiratory function and helps round out the overall balancing profile with a light, clearing quality.
<b>Clinical Studies:</b>	<a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC12394166/">https://pmc.ncbi.nlm.nih.gov/articles/PMC12394166/</a> <a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC3700459/">https://pmc.ncbi.nlm.nih.gov/articles/PMC3700459/</a> <a href="https://pubmed.ncbi.nlm.nih.gov/25311097/">https://pubmed.ncbi.nlm.nih.gov/25311097/</a>



## HOW WE SOURCE

Clary Sage is cultivated in temperate regions where the plant can fully develop its aromatic profile before harvest. The flowering tops are gathered at peak maturity, when ester content is at its highest and the oil's balancing properties are most pronounced.

Our Clary Sage is steam distilled using carefully controlled conditions to preserve its delicate ester profile. This ensures a clean, true-to-plant oil with the smooth, herbaceous-floral character and consistent performance expected from a high quality source.

## OUR CLARY SAGE IS:

- ✓ Soft, herbaceous-floral with a smooth, rounded finish
- ✓ Ester-rich for a calming, balancing aromatic profile
- ✓ Steam distilled from flowering tops at peak maturity
- ✓ Clean, true-to-plant with no harsh or medicinal edge
- ✓ Consistent in profile and performance

Our Clary Sage is a refined expression of *Salvia sclarea*, offering a grounded, gently uplifting character that supports both emotional steadiness and physical ease.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Soft, herbaceous-floral aroma\*
- Smooth, slightly sweet finish\*
- Balanced, non-sharp profile\*
- Clear to pale yellow color\*
- Gentle, calming aromatic effect\*

### Avoid:

- Harsh or medicinal notes\*
- Flat or overly grassy aroma\*
- Bitter or acrid finish\*
- Dark or inconsistent color\*
- Thin, weak aromatic presence\*

## HOW TO USE CLARY SAGE

Clary Sage is commonly used when the goal is nervous system regulation, emotional balance, and physical ease. It integrates well into daily routines through aromatic, topical, and bath use.

### Aromatic

Diffuse 5-10 drops to create a calm, steady environment. Often used during periods of tension, overstimulation, or emotional fluctuation.\*

### Internal

Add 1 drop to water or herbal tea. Commonly used to support hormonal balance, digestive comfort, and a more relaxed, regulated response to stress.\*

### Topical

Dilute with a carrier oil and apply to the abdomen, lower back, or pulse points. Often used in routines focused on menstrual comfort, physical relaxation, and overall balance.\*

### Bath

Add 5-8 drops to bath salts before dispersing in warm water. Commonly used to ease tension, cramping, and support a more relaxed, regulated state.\*

## WHAT IT SUPPORTS

Clary Sage is traditionally used when the goal is hormonal balance, nervous system regulation, and physical ease. It supports:

- Hormonal balance and menstrual comfort\*
- Nervous system calming and stress response\*
- Emotional stability and mood support\*
- Digestive comfort and abdominal ease\*
- Muscle relaxation and tension relief\*

Used consistently, it helps the body feel more settled, regulated, and supported - encouraging a smoother, more balanced baseline without heaviness.

## CLARY SAGE IN THE STILLROOM

Clary Sage brings a steadying presence into the stillroom - softening the edges without dulling awareness. Its herbaceous-floral profile creates a space that feels grounded, calm, and quietly supportive, especially when emotions or energy feel unsettled.

It's often reached for when the goal is to restore rhythm rather than stimulate or sedate. Clary Sage helps create an environment where the body can relax, the mind can settle, and a more balanced state can naturally return.

## MORE WAYS TO USE CLARY SAGE

### Evening Unwind

Diffuse in the evening or add to a personal inhaler. Used to help the body shift out of a wired state and into a more relaxed rhythm.\*

### Menstrual Comfort

Dilute and massage over the abdomen during times of cramping or discomfort. Helps ease tension and support a more settled state.\*

### Scalp Balance

Blend into a carrier oil and massage into the scalp. Often used to support balance and a healthy-looking scalp environment.\*

### Emotional Reset

Apply diluted oil to pulse points during high-stress moments. Helps take the edge off while maintaining clarity and presence.\*

### Personal Fragrance

Apply diluted oil to wrists and neck during high-stress moments. Helps take the edge off while maintaining clarity and presence.\*

## CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*



**ZILARA**

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**CLARY SAGE**  
*salvia sclarea*  
STEAM DISTILLED • RUSSIA

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10 mL / 0.34 fl oz

**Directions:** For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, diffuse 5-10 drops per hour.

**Supplement Facts**  
Salvia sclarea (Clary Sage) 100% (100% herb extract)  
Servings Per Container: About 200

**Amount Per Serving** 2SDV  
Salvia sclarea (Clary Sage) 100% (100% herb extract)  
Steam distilled from leaves.

**Caution:** Keep out of reach of children. Avoid contact with eyes. Discontinue use if irritation occurs. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.



Manufactured by Zilara, a division of Green Organics, LLC  
Cincinnati, OH 45245  
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100% (100% herb extract)