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# TOP 10 USES FOR CLARY SAGE OIL

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- 1. Spiritual Clarity & Vision:** Put a drop of Clary Sage on your 3rd eye (space between your eye brows) and 'lift' up that eye.
- 2. Decision-Making Diffuser Blend:** 20 drops Clary Sage, 20 drops Lemon, 10 drops Cypress, 5 drops of Rosemary.
- 3. Yoga & Meditation Enhancer Diffuser Blend:** 6 drops Clary Sage, 3 drops Wild Orange, 2 drops White Fir, 2 drops Frankincense.
- 4. Sleep & Relaxation:** 1 drop of each of Clary Sage & Vetiver. Apply on the back of the neck and front of throat.\*
- 5. Excessive Sweating:** In a foot bath add 1/2 cup of Epsom Salts, 4 drops Clary Sage, 3 drops Coriander, and soak for 10 mins. Do this regularly.\*
- 6. Fear-Less Personal Blend:** 3 tbsp Fractionated Coconut Oil, 3 drops Clary Sage, 4 drops Sandalwood, 2 drops Coriander, 1 drop Ginger, 2 drops Wild Orange. (Dr.S.Lawton) Smell and rub onto tummy. Add Affirmations of strength and power.
- 7. Sexual Massage Blend:** In 2 Oz Fractionated Coconut Oil add 4 drops Clary Sage, 6 drops Sandalwood, 4 drops Ylang Ylang, 2 drops Coriander, 2 drops Patchouli, 2 drops Ginger, 1 drop Basil, and 1 drop Vetiver. Take turns and massage on your partner. (Dr.S.Lawton)\*
- 8. Hormone Balancing:** Clary Sage is one of the oils in the Women's Monthly blend. Rub on abs, inside forearm, behind ears, and inhale\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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**9. Labor Support:** Dilute and massage a few drops of Clary Sage and Geranium (or Lavender) on the lower abs and ankles. Repeat every hour if needed.

Note: If your body is not ready to go into labor, you will not go into preterm labor by occasionally using a few drops of 100% natural Clary Sage oil.

An article from Nursing Times March 2, 1994 issue: Reports a study of 500 pregnant women that 74% did not need any form of pain relief during labor besides the following essential oils: Lavender, Clary Sage, Peppermint, Eucalyptus, Chamomile, Frankincense Rose and Lemon. A fantastic book I recommend is Stephanie Fritz LM, CPM Essential Oils For Pregnancy, Birth & Babies.

**10. Gentle Transition for Menopause:** The daily usage of the dōTERRA's Women's Health Kit would assist a woman to gradually ease into menopause. It is normal that a cycle may start up again as the cells become clean and functional. Eventually, the cycles will gently taper off and guide the woman comfortably into the next season of her life.

Rub Clarycalm oil on your abs, back of the ears, inner arms and inhale. Take the Phytoestrogen Complex and Bone Nutrient as instructed.

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