

HEALING ESSENTIALS AROMATHERAPY NEWSLETTER MAY 2016



Issue #23 Featuring Clary Sage Essential Oil

The month of May was named in honor of the Greek Goddess Maia, the goddess of fertility. May has long been associated with the feminine and with Mother's Day. Thus, I have chosen to profile the ancient mother's helper, Clary Sage Essential Oil. Since the days of Greek and Roman civilizations, Clary Sage has been known as a remedy for relieving menstrual disorders, as well as an aid in the birth process. Indeed, Clary Sage is beneficial to all stages of a woman's life: the menstrual cycle, childbirth, and menopause.

SEE MONTHLY SPECIAL BELOW

Relaxation Massage Oil with Clary Sage



Salvia sclerea

Clary Sage (*Salvia sclerea*) is a biennial herbaceous member of the *Lamiaceae* (mint) family. It grows up to three feet high with large hairy leaves and a stunning single stem flower stalk that is covered with fragrant pink and white flowers borne among leafy, violet-colored bracts. There are hundreds of species of sage, but clary is unique and virtually never mistaken for another plant. It originated in Southern Europe, Ukraine, Russia, North Africa and small amounts in the U.S. Though native to the Mediterranean, it is cultivated throughout the world and is winter hardy to Zone 5.

Clary Sage is a stunning herb when in flower. Though commonly grown in herb gardens, the oil has been slow to become popular in the U.S. Its popularity is fast increasing and is presently one of the top 15 selling oils. Its needs are similar to Lavender, and the two are often found growing on the same farms.



Description of Clary Sage Essential Oil

Parts of plant used: dried flower buds. **Method of Extraction:** steam distilled. **Color:** pale yellow to pale olive. **Consistency:** mobile. **Note:** middle to base. **Aroma:** musky, mellow, rich, herbaceous, sweet. **Strength of aroma:** medium high. **Chemical constituents:** 10-20% *linalool* (distinctly sedative), 60-70% *linalyl acetate* (anti-spasmodic, fragrance). **Blends well with:** bergamot, cardamom, cedarwood, coriander, frankincense, jasmine, juniper, lavender, pine, rose, sandalwood, all citrus oils.

Clary Sage Properties: anti-spasmodic, anti-depressant, astringent, bactericidal, cicatrisant, deodorant, digestive, emmenagogue (regulating menses), hypotensive, nervine, sedative, stomachic, uterine tonic.

During the three stages of feminine life, menstrual cycles, childbirth, and menopause, the extreme hormonal fluxuations can bring about mood swings such as anxiety, melancholy, and depression. In addition to Clary Sage's wonderful ability to relieve feminine disorders, it also has a profound calming and sedative effect. Combing these two properties produces a balancing effect of relieving pain and soothing the nervous system. See below for the many ways Clary Sage can be used beneficially.

Clary Sage Essential Oil Remedies:

- ❖ **Circulatory:** due to the relaxing effect may help lower blood pressure by diffusing.
- ❖ **Dermatological:** effective to reduce dandruff as it regulates sebum production. Add to final rinse.
- ❖ **Gastro-Intestinal:** Relieves flatulence, colic, cramps, and dyspepsia.
- ❖ **Nervous System (CNS):** well known for its euphoric effect. Relieves anxiety, stress, and depression. Brings inner tranquility, warmth and liveliness that helps dispel melancholy. Use in massage and diffuser. [See my own Relaxation Massage Oil below.](#)
- ❖ **Reproductive:**
 - Menses:** Relieves menstrual cramps due to antispasmodic effect. To relieve PMS and menstrual cramps combine 3 drops each of Clary Sage, Geranium, and Lavender with 1 oz. carrier oil. May be used as a massage over abdomen or added to warm bath.
 - Childbirth:** This blend can also relieve anxiety during labor and childbirth. Use as a massage blend over lower back.
 - Menopause:** Helps manage menopause possibly due to pituitary stimulation that balances hormones. Can be diffused or used in a massage oil.
- ❖ **Respiratory System:** can be used to relieve asthma due to its anti-spasmodic and calming effect. Use in diffuser.
- ❖ **Perfume / Fragrance Oil:** Clary Sage has a beautiful musky aroma that has a euphoric effect and is often added to fragrance blends. It is especially lovely blended with Rose, Citrus oils, Lavender, and Sandalwood

Application: Topical: massage, compress, and bath. Inhalation: directly from bottle or diffuser.

Safety: Non-toxic, non-irritating, and non-sensitizing. Do not use during pregnancy.

Research: Current research now demonstrates that Clary Sage can reduce menstrual cramps, ease labor pain and relieve anxiety and depression.

1. 2010 Jul

Antidepressant-like effect of *Salvia sclarea* is explained by modulation of dopamine activities in rats.

Seol GH¹, Shim HS, Kim PJ, Moon HK, Lee KH, Shim I, Suh SH, Min SS.

AIM OF THE STUDY: The purpose of the present study was to screen aromatic essential oils that have antidepressant effects to identify the regulatory mechanisms of selected essential oils.

MATERIALS AND METHODS: The antidepressant effects of essential oils of *Anthemis nobilis* (chamomile), *Salvia sclarea* (clary sage; clary), *Rosmarinus officinalis* (rosemary), and *Lavandula angustifolia* (lavender) were assessed using a forced swim test (FST) in rats.

RESULTS: Among the essential oils tested, 5% clary oil had the strongest anti-stressor effect in the FST.

CONCLUSIONS: Our findings indicate that clary oil could be developed as a therapeutic agent for patients with depression and that the antidepressant-like effect of clary oil is closely associated with modulation of the DAnergic pathway.

Copyright (c) 2010 Elsevier Ireland Ltd. All rights reserved. PMID: 20441789

2. 2006 Jul-Aug

Effect of aromatherapy on symptoms of dysmenorrhea in college students: A randomized placebo-controlled clinical trial.

Han SH¹, Hur MH, Buckle J, Choi J, Lee MS.

OBJECTIVE: The purpose of this study was to explore the effect of aromatherapy on menstrual cramps and symptoms of dysmenorrhea. The study was a randomized placebo-controlled trial.

The subjects were 67 female college students who rated their menstrual cramps to be greater than 6 on a 10-point visual analogue scale, who had no systemic or reproductive diseases, and who did not use contraceptive drugs.

INTERVENTION: Subjects were randomized into three groups: (1) an experimental group who received aromatherapy, (2) a placebo group and (3) a control group. Aromatherapy was applied topically to the experimental group in the form of an abdominal massage using two drops of lavender (*Lavandula officinalis*), one drop of clary sage (*Salvia sclarea*), and one drop of rose (*Rosa centifolia*) in 5 cc of almond oil. The placebo group received the same treatment but with almond oil only, and the control group received no treatment.

OUTCOME MEASURES: The menstrual cramps levels was assessed using a visual analogue scale and severity of dysmenorrhea was measured with a verbal multidimensional scoring system.

RESULTS: The menstrual cramps were significantly lowered in the aromatherapy group than in the other two groups at both post-test time points (first and second day of menstruation after treatment).

CONCLUSIONS: These findings suggest that aromatherapy using topically applied lavender, clary sage, and rose is effective in decreasing the severity of menstrual cramps. Aromatherapy can be offered as part of the nursing care to women experiencing menstrual cramps or dysmenorrhea.

PMID: 16884344

Note: Jane Buckle, RN, MA, author of [Clinical Aromatherapy in Nursing](#) is well known for her research into the clinical use of aromatherapy in the medical field.

3. 2000 Feb

The use of aromatherapy in intrapartum midwifery practice an observational study.

Burns E¹, Blamey C, Ersser SJ, Lloyd AJ, Barnettson L.

The authors report the process and results of an evaluation of a midwifery aromatherapy service for mothers in labor: This study of 8058 mothers in childbirth, is the largest research initiative in the use of aromatherapy within a health-care setting. The study involved a wide range of participants, from mothers who experienced a low risk, spontaneous labor and birth, to those whose labor was induced, and those who had vaginal operative delivery and Caesarean section. The study took place over a period of 8 years, which enabled a more challenging test of the effect of aromatherapy on intrapartum (labor and delivery) midwifery practice and outcomes. In the study a total of 10 essential oils were used, plus a carrier oil, which were administered to the participants via skin absorption and inhalation. A key finding of this study suggests that two essential oils, clary sage and chamomile are effective in alleviating pain. The evidence from this study suggests that aromatherapy can be effective in reducing maternal anxiety, fear and/or pain during labor.

PMID: 11033651



MONTHLY SPECIAL

Relaxation Massage Oil: \$6.00 (orig. price \$8.00)

This lovely fragrant body massage oil contains essential oils of Bergamot, Clary Sage, Lavender, Rose, Rose Geranium, and Ylang Ylang, all known for their relaxing, anti-anxiety, and uplifting properties, as well as for balancing female disorders. The oils are blended in apricot and jojoba oils. To relieve stress and the cares of the day, blend 8 drops with 1 TBSP Epsom salts and add to warm bath. Follow with overall body massage using Relaxation Massage Oil. Comes in a 1.5 ounce flip top plastic bottle.

Ojai Healing Essential News:

The third in the series of classes, The Medicinal Use of Essential Oils was completed in February. We had a lovely, enthusiastic group and shared many essential oil formulas for healing effects. These three classes will be offered again in the fall.

May we all send gratitude and love to our mothers who brought us into the world and loved us.

Patricia Wing, RN, IAC, Clinical Aromatherapist

References:

1. The Complete Guide to Aromatherapy, by Battaglia, S., P. 189-191.
2. The Complete Illustrated Guide to Aromatherapy, by Julia Lawless, P.206
3. NAHA Aromatherapy Journal, Winter 2015, pg. 63.