

# Benefits of sage oil

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Clary Sage essential oil is warming, sedative, an excellent nerve tonic, and can induce feelings of mild euphoria in some individuals. It is thought enhance one's ability to dream. **Clary Sage oil** is a tonic for one's overall well-being, and is ideal for use on a regular basis in baths or as a perfume. As Dr. Kurt Schnaubelt notes in *Advanced Aromatherapy*, "**Clary Sage** impresses with its aroma. When applied to the wrists or temples, it is relaxing in a gentle, effective manner."

**Clary Sage oils** is often found in skin care and hair care formulas. One of the many natural chemical constituents is Sclareol, which has an estrogen-like structure that may contribute to the health of tissues and cells. Clary Sage oil can be beneficial to the female reproductive system, with hormone balancing effects possible for some individuals. This may be useful for for amenorrhea, cramps and menstrual pain. For perimenopause hot flashes, a sponge bath with a few drops of Clary Sage in cool water can help.

The oil is noted by Peter Damian in 'Aromatherapy Scent and Psyche' as "an excellent relaxant having somewhat aphrodisiacal, euphoric, antidepressant characteristics especially helpful in the treatment of menopausal or PMS symptoms. A remedy for insomnia, it is likewise effectual for feelings of paranoia, panic, or hysteria."

Massage with Clary Sage (in carrier oil) can be helpful in cases of sexual dysfunction, frigidity and impotence - partly due to its hormone balancing effects, and partly because of its usefulness in relieving stress and fear. The essential oil has been added traditionally in muscatel wine, some English beers and Italian vermouth, presumably to utilize the somewhat euphoric effects of the oil.

**Benefits of sage oil** for nervous disorders accompanied by weakness and debility. The oil helps restore confidence and courage, assisting in post-natal depression, and recovering from illness and injury. It is a general tonic for the stomach and digestive system, relieving tension in the area. Clary Sage is also noted as an important ingredient in skin care preparations as it can regulate secretions and also act as a scalp stimulant.

Note that overuse of **Clary Sage** (and many essential oils) can result in headache or dizziness, and raise blood pressure, rather than its opposite effect in proper dosages. Your body will generally let you know when you've had too much of any oil - as soon as you don't seem to 'want' any more, cease inhalation for some period of time until your intuition tells you you're ready for more!

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