

## Summary

Clary sage oil's greatest benefit lies in its calming and sedating influence on the nerves, emotions, female functions, kidneys and digestive system.

It also helps with skin conditions like acne, boils and ulcers and cools painful muscles and joints.

- **Burners and vaporizers**
  - In vapour therapy, clary sage oil can be used for nervous tension, stress, depression, anxiety, insomnia and menopause. It is particularly effective to help ease depression and create a more positive outlook on life and can also help to boost the creative side and intuition.
- **Blended massage oil or in the bath**
  - Clary sage can be used in blended massage oil, or diluted in the bath to assist with muscle pains, frigidity, depression, anxiety, menstrual problems, PMS, stress, nervous tension, insomnia, cramps and addiction.
- **In a cream or lotion**
  - Clary sage within Cetuem Myo-Detox Oil, can be beneficial for skin problems, back pain and a stiff neck, as well as for body odours, PMS, skin problems and cramps. It is particularly good for balancing the production of sebum of the skin and to clear greasy complexions.