Clary Sage

Salvia sclarea  Aroma: spicy, herbaceous, sweet Note: Middle Extraction: Steam Distillation Origin: France

**Any Woman Over 40 Should Be Using This Essential Oil Every day**

**  May 5, 2017 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

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After the 40th year, women experience changes in several aspects, emotional, physical, and psychological. Aging reduces memory, increases stress, and causes hot flashes.

Women used clary sage for numerous years to relieve the unpleasant symptoms of menopause, so we reveal several benefits of clary sage oil and ways to use it.

**Prevents Infection**

According to the findings of a 2015 study, the topical use of this essential oil treats wounds and fights skin infections, as it has powerful antiseptic and antimicrobial properties. Yet, remember not to use it on open wounds, and apply 5 drops only.

**Balances Hormones**

It contains dietary estrogens from plants, which are beneficial natural phytoestrogens which regulate the estrogen levels and support uterus health.

Since aging raises the risk of cancer, the health of the uterus should be at highest levels to reduce the risk of uterine and ovarian cancer. High estrogen levels lead to multiple health issues like estrogen-based cancers, infertility, and polycystic ovaries.

The use of this oil will optimize the estrogen levels. One 2004 study found that this oil is a potent natural remedy for depression, as it reduces the cortisol levels by up to 36%. Inhale the clary sage from the bottle to improve your mood and balance your hormones

**Improves Circulation**

Clary sage speeds up the metabolism as it carries more oxygen to the muscles and important body organs. It also lowers blood pressure and thus relaxes the brain and arteries.

To prepare a homemade clary sage mist, mix 6 drops of clary sage, 3 drops of cinnamon, 6 drops of rose geranium, and 12 drops of mandarin, pour the mixture into a spray bottle, add water, and spray the mixture on the body.

**Helps Digestion and regulates Cholesterol**

Clary sage stimulates the secretion of gastric and bile juice, thus speeding up the metabolism and treating cramps, bloating, abdominal discomfort and indigestion.

It also helps the absorption of minerals and minerals, and treats ulcers, constipation, and supports healthy bowel movements. Its strong anti-inflammatory and antioxidant properties lower cholesterol and promote heart health.

Just add 5 drops of it to a warm compress and apply it on the abdomen, while massaging gently.

**Relieves Stress**

Family issues, job problems, and all other everyday inconveniences lead to an increased stress levels in the forties. Yet, this essential oil enhances mental fortitude and confidence and prevents anxiety and fear.  You should simply mix 6 drops of it and 2 drops of orange or frankincense oil.

**Helps Sleep**

It has potent sedative, hormone-balancing, and stress-reducing qualities, so clary sage treats insomnia and improves the sleep quality.

To prepare your own clary sage balm, just mix 10 drops of it with ½ cup of coconut oil, 10 drops of lavender oil, ½ cup of olive oil, and ½ cup of beeswax in a double boiler. Stir well and after 10 minutes, pour it into a suitable container.

**Improves Skin health**

It is also high in linalyl acetate, which is a natural phytochemical which soothes dry skin, inflammation, and rashes, prevents acne, and regulate the production of oil in the skin. Use this oil to hydrate the skin and prevent wrinkles. You can also combine it with coconut or jojoba oil in equal amounts.

**Soothes Menstrual Pain**

Clary sage effectively soothes PMS symptoms, treats cramps, reduces food cravings, prevents mood swings, and treats bloating.

It has an antispasmodic property and reduces the frequency of spasms and contractions in the uterus. It also alleviates headaches and stomach pain and calms the nerve impulses.

According to a study conducted at the Oxford Brooks University, this essential oil in aromatherapy treats anxiety and fear and soothes physical pain during childbirth.

To soothe menstrual pain, add 4 drops of clary sage in coconut or jojoba oil and apply the remedy on the affected area.

Sources:
[naturalcureshouse.com](http://naturalcureshouse.com/any-woman-over-40-should-be-using-this-essential-oil-every-day/)[www.healthy-holistic-living.com](http://www.healthy-holistic-living.com/clary-sage-essential-oil.html)[besthealthyguide.com](http://besthealthyguide.com/woman-40-using-essential-oil-every-day/)