

## **Cypress**

*Cupressus sempervirens*

Ancient Tonic for skin and veins

### **Source:**

**Extraction:** Steam distillation from tree, fresh leaves & cones

**Blending Factor:** 5

**Odour Note:** Middle

### **Characteristics:**

Cypress oil is a pale yellow to greenish-olive mobile liquid with a woody and slightly spicy, yet clear and refreshing odour.

### **Safety Precautions:**

**Do not use during pregnancy.** A person with very high blood pressure should not use this oil on a regular basis.

### **History:**

The Cypress tree has always been dedicated to Ancient Greeks, Romans and Egyptians as the emblem of the God of the Underworld. The name of the tree is "Sempervirens" means everlasting. These trees are often found in cemeteries all over the world. The oil has always been used in ancient remedies in constricting effect on veins and body fluids.

### **Therapeutic Actions:**

Anti-infectious, anti-septic, anti-spasmodic, anti-sudoric, astringent, bactericidal, balancing, calmative, decongestant circ. Deodorant, diuretic, expectorant, relaxant, sedative, tonic general, tonic nerve.

### **Enhances:**

Calming, grounding, emotionally strengthening, refreshing restoring, warming, relaxing, generosity, inner peace, structure, straightforwardness, transition

### **Reduces:**

Confusion, fear, frustration, indecision, irritability, lethargy, mood swings, obsession, poor concentration.

### **Uses:**

**Respiratory system:** Asthma, bronchitis, coughs and colds.

**Reproductive/Endocrine:** Painful periods, heavy periods

**Mental-Emotional:** Depression, sexual indifference

**Skin:** Anti-perspirant, astringent, cuts & wounds, oily (open pores) soothing.

### **Methods for use:**

#### **Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

## Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

## Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

## Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

## Blends well with:

Bergamot, Cedarwood, Clary Sage, Fennel, Grapefruit, Juniper, Lavender, Lemon, Lime, Mandarin, Marjoram Sweet, Orange, Pine, Rosemary, and Sandalwood.

<b>Circulatory Bath or Massage</b>		<b>Deodorizing sweaty feet</b>		<b>Transition</b>	
Cypress	5	Cypress	2	Cypress	2
Chamomile Roman	2	Tea Tree	2	Frankincense	2
Geranium	3	Peppermint	1	Mandarin	3
Total drops	10	Total drops	5	Total drops	7
Carrier oil	20 ml	Hot Water in basin		In Vaporiser	
Or Dispersant	5 ml	Footbath			