



# Cypress

## CUPRESSUS SEMPERVIRENS

Cypress dates back thousands of years from ancient cultures such as the Egyptians, Hebrews, Greeks, and Romans. The name “sempervirens” means everlasting, as it was dedicated to the gods of the underworld – hence, why Cypress trees were grown in cemeteries. It is considered a significant oil to be used in times of transition, such as with career changes, relocating, ending a relationship, or death. This oil is quite grounding and breath-taking.

### COUNTRY OF ORIGIN

Native to the Eastern Mediterranean, distillation, and cultivation are done in France, Spain, and Morocco.

### EXTRACTION METHOD

Steam Distillation

### PLANT PART

Leaves, Twigs, and Cones

### BOTANICAL FAMILY

Cupressaceae

### CHEMICAL FAMILY

Monoterpenes

### AROMA

Balsamic, Piney, Woodsy

### NOTE

Middle-Base

## SAFETY

- Avoid use with a history of estrogen-dependent cancer.
- Avoid during pregnancy – see the statement below.
- Non-toxic, non-irritating, and non-sensitizing.

This oil is considered non-toxic, non-irritating. If oxidized, it may cause skin irritation or sensitization. Some sources recommend avoiding Cypress essential oil during pregnancy, but there is no research to support this statement.

## THERAPEUTIC PROPERTIES

The uses of cypress are numerous. Recent research shows it is beneficial for cellulite, edema, poor circulation, and muscular cramps. Cypress helps with inflammation, prevents and relieves chronic rheumatic pain and swelling, contracts and tightens tissue, reduces nasal mucus production and swelling and aids in lowering fluids, and as a tonic, strengthens and restores vitality.

ANTIRHEUMATIC	ANTIFUNGAL	ANTIBACTERIAL
ANTIVIRAL	ANTISEPTIC	ANTISPASMODIC
ASTRINGENT	DEODORANT	DIURETIC
HEPATIC	SUDORIFIC	TONIC
VASOCONSTRICTOR	STIMULANT	TONIFYING

## BODY SYSTEMS

### CIRCULATORY

VARICOSE VEINS, CELLULITE

### DIGESTIVE

STOMACH CRAMPS, LIVER AND GALLBLADDER  
DECONGESTANT

### INTEGUMENTARY

HEMORRHOIDS, OILY SKIN, INSECT REPELLENT

### LIMBIC

EMOTIONAL BALANCE

### LYMPHATIC

EDEMA AND TOXEMIA



## BODY SYSTEMS (CONT.)

### MUSCULAR

BACKACHES

### NERVOUS

RESTLESS LEG AND CARPAL TUNNEL

### REPRODUCTIVE

PROSTATE, PANCREAS, AND OVARIES, ENDOMETRIOSIS  
AND FIBROIDS

### RESPIRATORY

WHOOPING COUGH AND SPASTIC COUGH

### SKELETAL

ARTHRITIS

### URINARY

BED WETTING AND INCONTINENCE

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