



Name	Latin Name	Origin
Cypress	Cupressus sempervirens	Spain
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$13	
Part of plant	Safety note	Conservation Status
Cones, needles, twigs	<ul style="list-style-type: none"> • Non-toxic and 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. • To be extra cautious, take care when using with asthmatics. Cypress can be either very helpful with bronchial asthma or a potential irritant. 	<p>No status of concern</p> <p>Not listed with a conservation status.</p>

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Monoterpene rich 	<ul style="list-style-type: none"> • Analgesic • Anti-inflammatory • Antibacterial • Antioxidant • Antispasmodic • Astringent • Decongestant • Diuretic • Tonic • Beneficial for oily skin conditions. • Can relieve the swelling of varicose veins. • Supports healthy joint function. • Beneficial for healthy fluid balance. • Emotionally helps to calm excessive worrying and usher peace when one is feeling overwhelmed. This essential oil may bring courage during traumatic life events and can help ease painful transitions relating to loss. • Cypress essential oil is highly purifying, simultaneously working to support both the physical and emotional terrain.

Synergy	Energetics
The interaction or cooperation of two or more substances to produce a combined effect greater than the	<p>Energetics</p> <p>Steeped in Greek mythology Cypress oil is the emblem</p>

sum of their separate effects.

1st component synergy

α-Pinene, β-3-carene (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antispasmodic, antiviral, anxiolytic, cholinesterase inhibitor chondroprotective, gastroprotective, mucolytic, sleep enhancement) .

1st essential oil synergy combinations

black spruce, blackcurrant bud, dwarf pine, hemlock, Scots pine, white spruce.

2nd essential oil synergy combinations

black pepper, combava peel, carrot seed, cistus, frankincense, eucalyptus blue gum, juniperberry, myrtle, rosemary.

2nd component synergy

black pepper, combava peel, carrot seed, cistus, frankincense, eucalyptus blue gum, juniperberry, myrtle, rosemary Primary combinations: balsam fir, hinoki, Himalayan fir, Lawson or Port Orford cedar, Mexican cypress, noble fir, Norway spruce, Siberian fir, stone pine, Utah juniper, white pine.

1st essential oil synergy combinations

balsam fir, hinoki, Himalayan fir, Lawson or Port Orford cedar, Mexican cypress, noble fir, Norway spruce, Siberian fir, stone pine, Utah juniper, white pine.

2nd essential oil synergy combinations

balsam copaiba, rosemary ct myrcene, Texan cedarwood, Virginian cedarwood.

Potential psychological therapeutic solutions

Anxiety, fear of change: frankincense, hinoki, neroli, rose, vetiver, Virginian cedarwood, ylang ylang
Poor sleep quality: balsam fir, hemlock, Scots pine, white pine, white spruce.

Potential psychological therapeutic solutions

Anxiety, fear of change: frankincense, hinoki, neroli, rose, vetiver, Virginian cedarwood, ylang ylang
Poor sleep quality: balsam fir, hemlock, Scots pine, white pine, white spruce
Muscular pain and inflammation: black pepper, black spruce, juniperberry, rosemary, Scots pine, sweet marjoram
Respiratory inflammation, infection prevention, bronchitis: black spruce, eucalyptus blue gum, fragonia, frankincense, Greek sage, hemlock, myrtle, rhododendron, rosalina, rosemary, Scots pine, thyme, white pine

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

of passing from life to death however it also helps the living find transcend clarity & confusion to higher purpose. (Holmes, Aromatica; A Clinical Guide to Essential Oil Therapeutics, 2019, p. 192) Providing a calm alertness it can help unearth any fears that blocks transformation. (Mojay, 1997, p. 66)

Energy

Neutral.

Five Element Affinity

Earth, Metal

References

(Holmes, Aromatica; A Clinical Guide to Essential Oil Therapeutics, 2019, p. 192)
(Mojay, 1997, p. 66)
(Holmes, 2019, p. 190)

Scent Notes

Middle base

Psychological rankings

Meditative

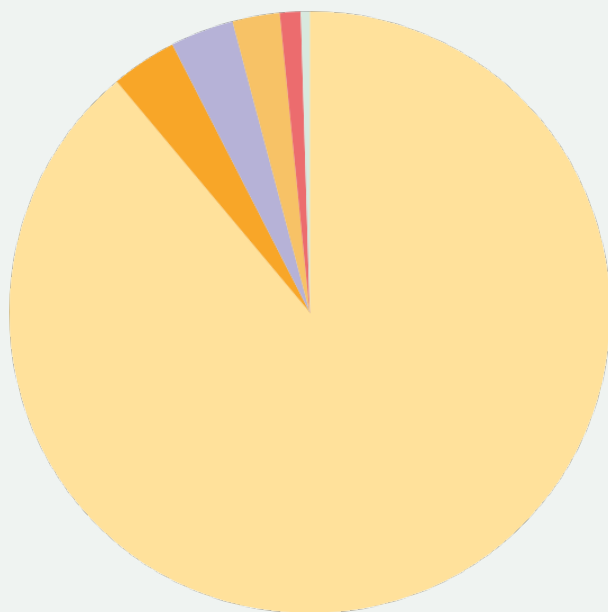
Physical rankings

2 Circulatory/Lymphatic

3

Balancing	2	Muscular/Skeletal	1
		Reproductive	2
		Skin	1
		Urinary	2

Ingredient notes



Chemical families

monoterpenes	87.42%
monoterpenols	3.48%
esters	3.36%
sesquiterpenes	2.5%
sesquiterpenols	1.1%
ketones	0.47%

Complete chemical breakdown

monoterpenes

α-pinene	45.73%
o-3-carene	22.52%
β-pinene	4.68%
terpinolene	3.35%
β-myrcene	2.96%
limonene	2.81%
sabinene	1.01%
α-fenchene	0.99%
γ-terpinene	0.99%
α-thujene	0.58%
β-phellandrene	0.48%
camphene	0.34%

monoterpenols

linalool	1.49%
terpinen-4-ol	1.18%
α-terpineol	0.43%
terpinen-4-yl acetate	0.33%
p-cymene-8-ol	0.05%

α-terpinene	0.34%
tricyclene	0.23%
isoterpinolene	0.21%
(z)-b-ocimene	0.1%
α -phellandrene	0.06%
(e)-b-ocimene	0.04%

esters

α-terpinyl acetate	2.7%
terpinyl acetate	0.51%
bornyl acetate	0.12%
linalyl acetate	0.03%

sesquiterpenols

cedrol	1.1%
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sesquiterpenes

β-funebrene	0.81%
omega-cadinene	0.35%
germacrene d	0.34%
β -caryophyllene	0.24%
β -cedrene	0.21%
γ -muurolene	0.21%
α -caryophyllene	0.17%
γ -cadinene	0.09%
β -cadinene	0.05%
α -cedrene	0.02%
α -cadinene	0.01%

ketones

karahanaenone	0.4%
camphor	0.06%
verbenone	0.01%