

# Cypress

## *Cupressus sempervirens*

**Therapeutic Properties:** *Antirheumatic, antiseptic, antispasmodic, astringent, deodorant, diuretic, hepatic, styptic, sudorific, tonic vasoconstrictive.*

A hemostat and a decongestant, Cypress Essential Oil is considered one of the most powerful astringent actions in aromatherapy. Its properties act to strengthen and tone the circulatory and nervous systems and relieve circulatory and lymphatic congestion. Cypress is useful for all bronchial complaints and it is a choice spasmolytic to assist the body with a whooping cough. Aromatic medicine use recommends Cypress for lung diseases like tuberculosis and pleurisy. It is a decongestant for prostate, veins, and the lymphatic system. The bitter constituents strengthen a weak pancreas. Cypress in known to be an intestinal and neuro-tonic. It helps to prevent the spread of varicose veins, hemorrhoids, and edema, especially in the lower limbs. The oil may be combined with those of Clary Sage, Lemon, and Geranium, rose and applied as an ointment for hemorrhoids and varicose veins.

In all of aromatherapy there is perhaps no oil more effective than Cypress Essential Oil to assist with an infection of the throat, nose, or bronchi in its early phase. Used at the very first signs of a sore throat, it is typically sufficient to arrest the process.

Cypress Essential Oil has astringent qualities and is a gentle diuretic. It can be used diluted in the 2<sup>nd</sup> trimester of pregnancy because it is particularly helpful, in a cooling lotion or gel, for varicose veins. Added to a bath, lotion, or wash, it can help hemorrhoids. Its gentle diuretic action can assist in decongesting fluid retention in heavy, aching legs and swollen ankles.

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Cellulitis, muscular cramps, edema, poor circulation, rheumatism.

**Genito-Urinary System:** Dysmenorrhea, menopausal problems, menorrhagia.

**Nervous System:** Nervous tension and stress-related conditions.

**Respiratory System:** Asthma, bronchitis, spasmodic coughing.

**Skin Care:** Hemorrhoids, oily and over-hydrated skin, excessive perspiration, insect repellent, pyorrhea (bleeding of the gums), varicose veins, wounds.

## suggested usage (10 years & up)

### BATH:

- To boost circulation, combine 20 drops with to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. May also assist with menstrual pain.

### INHALATION

- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser overnight to assist with congestion.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

### TOPICAL

- Mix 1-2 drops of Cypress Essential Oil with 1-2 drops of Lemon Essential Oil to soothe tired, swollen feet, and assist with excess poor perspiration.
- Mix 3-5 drops of Cypress Essential Oil with 1 tablespoon of Carrier Oil and massage over the abdomen to ease heavy menstrual flow and cramps.
- Add 2 drops of Cypress Essential Oil to 1 ounce personal care products to regulate oil production, and help oily skin or hair.
- For an anti-cellulite blend, mix 10 drops Sweet Fennel Essential Oil, 5 drops Juniper Berry Essential Oil, and 5 drops Cypress Essential Oil in 1 ounce of carrier oil. Apply as desired to affected area daily.
- Mix 2-3 drops each of Bay Laurel Essential Oil and Cypress Essential Oil; apply on location for congested prostate, varicose veins, and lymphatic system. Mix with Carrier Oil if desired.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

### Wildcrafted

**Producing Organ:** *Freshly cut treetops and leaves*

**Extraction:** *Steam Distillation*

**Country of Origin:** *Spain*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.