

CYPRESS

Cupressus sempervirens



Essential Singles

Wonderfully supportive to the cardiovascular and circulatory systems, Cypress is tonifying, regulating, detoxifying, and decongesting. Due to the powerful benefits it can offer to the circulatory system, it is an excellent aid for varicose veins, cellulite, cystitis, water retention, reducing excessive perspiration, nosebleed, hemorrhoids, and oily or congested skin.

DECONGESTING, CALMING, CIRCULATORY AID

Its astringent properties may provide benefit with respiratory conditions including asthma, bronchitis, cough, and whooping cough.

When mixed with Bay Laurel, it is particularly supportive to the circulatory system, decongesting the prostate and lymphatic system.

Antispasmodic action eases muscle cramps and soothes pain from arthritis and rheumatism; excellent when used in massage or bath. Valuable aid to endocrine system as well, easing menstrual pain and aiding malfunctioning ovaries. Supportive during menopause for hot flashes and night sweats, particularly when combined with Clary Sage.

Mentally strengthening, particularly in times of grief. Calming and soothing; eases anger, irritability, and stress. Aids concentration.

Available in: 10ml Bottle

daily uses

BATH

- To boost circulation, combine 20 drops with 1/2 cup Pink Himalayan or Dead Sea salt and dissolve into warm bath water. Relax in bath for up to 20 minutes.
- To ease menstrual pain, combine 10-12 drops with Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Relax in bath for up to 20 minutes.

DIFFUSION

- Diffuse 10-15 drops in 15 minute intervals throughout the day.
- Diffuse overnight for relief from congestion and coughing spells.

INHALATION

- Apply 2 drops on hands, rub, and inhale deeply as needed.

MASSAGE

- Add 10-12 drops to 1 oz. carrier oil and massage on location.

MISTING SPRAY

- Mix 15-20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake vigorously and spray to bring in the aroma of an exotic island to your home.

TOPICAL

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

RESPONSIBLE CAUTIONS

Non-toxic, non-sensitizing, non-irritating.

attributes

PRODUCING ORGAN

Freshly cut treetops and leaves

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Spain

PROPERTIES

Antirheumatic, antiseptic, antispasmodic, astringent, deodorant, diaphoretic, diuretic, hepatic, haemostatic, tonifier, vasoconstrictor.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

