



Cypress

Cupressus Sempervirens Essential Oil

Cypress is a fresh smelling oil that is great to use during times of major upheaval and change. It promotes feelings of strength and energy while also being grounding to both the body and the mind.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used aromatically

Primary Benefits

Aids in appearance of oily skin, soothing and calming effect on nerves, beneficial in conditions of excess fluid such as nosebleeds, heavy menstruation, and fluid retention, soothes muscle cramps, aids in promoting energy and vitality.

Directions for Use

Diffusion: Use three to four drops in a diffuser

Topical use: Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with a physician before using. Always avoid contact with eyes.

Aromatic Description

Clean, slightly spicy, woody, refreshing

Collection Method

Steam Distillation

Plant Part

Leaf

Main Constituents

a-pinene, camphene, sabinene, b-pinene

Description

Cypress Oil is known for being calming, soothing, and making life seem to flow better. It can aid in pulling excess fluids from your body, thus improving circulation, as well as sorting out coughs and bronchitis. You will find Cypress quite often in spas and in use by massage therapists because of its grounding effect as well as its energizing and refreshing aroma. Cypress should never be taken internally, but can safely be diffused as well as applied topically.

Cypress can help with oily skin issues due to its monoterpene content. It can also assist with varicose veins. Cypress has an energizing and grounding effect on the emotions and mind, making it a good choice to diffuse during times of loss or change.

Uses

- Diffuse to aid in clear breathing
- Diffuse to dispel anger and calm the mind
- Before exercise, apply to feet and legs for an energizing boost
- Apply two to three drops to chest to promote energy and vitality
- Add to a base cream to assist varicose and broken veins
- Add one to two drops to skin care to improve the look of oily skin
- Diffuse with Lime for an uplifting, energizing scent.

Properties

Analgesic, Antifungal, Antispasmodic and Stimulant

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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