



CYPRESS Essential Oil



Botanical Name: *Cupressus sempervirens*

Plant Part: Needles and Twigs

Extraction Method: Steam Distilled

Origin: France

Color: Very pale yellow to golden yellow clear liquid.

Consistency: Thin

Note: Middle

Strength of Aroma: Medium

Child Safe: Yes

Major Constituents

- α -Pinene
- delta-3-Carene
- Cedrol
- α -Terpinyl acetate
- Terpinolene
- (+)-Limonene

Blends well with: [Cedarwood](#), [Pine](#), [Juniper](#), [Clary Sage](#), [Lavender](#), [Bergamot](#), [Orange](#), [Lemon](#), [Cardamom](#), and [Sandalwood](#).

Product Abstract: The *Cupressus sempervirens* botanical is native to the Mediterranean region, Cyprus, Italy, and a region of Iran, among other countries; hence, this aromatic evergreen tree is also referred to as Mediterranean Cypress, Italian Cypress, and Persian Cypress. For its tall and thin structure, it has also earned the nickname Pencil Pine. This coniferous botanical can grow to a height of 35 m (115 ft) and can sometimes live for over 1000 years. The warm, dry, woody, and Citrusy notes of Cypress Oil make it a popular ingredient for use in the manufacturing of aftershaves, colognes, and soaps, especially in those intended to have characteristic masculine scents.

Therapeutic Properties

Analgesic: Cypress is traditionally used to treat pain and inflammation.

Anti-inflammatory: Cypress has anti-inflammatory action. This may be due in part to its ability to scavenge nitric oxide, a toxic radical, which contributes to edema, nociception, and pain by stimulating the release of pro-inflammatory mediators (Azara *et al.* 2014).



Antibacterial: The essential oil has good activity against Gram-positive and Gram-negative bacteria, possibly due to the presence of α -pinene and cedrol (Selim *et al.* 2014).

Antioxidant: Cypress has antioxidant activity (Aazara *et al.* 2014), and a potential role in the prevention of degenerative conditions (Asgary *et al.* 2013).

Antispasmodic: Cypress is known for its ability to alleviate spasmodic coughs. This may be due to the presence of α -pinene, which is anti-inflammatory and analgesic (Guimarães *et al.* 2013) and the mucolytic actions of constituents such as δ -3-carene.

Astringent: The aromatic oil has astringent qualities. In traditional medicine, it was used to stop excessive loss of fluid.

Decongestant: In traditional medicine, Cypress was well regarded for its decongestant actions—eliminating mucus in the respiratory system, and alleviating venous congestion.

Diuretic: Related to its decongestant and astringent activities, Cypress has been used for millennia to aid the reduction of accumulated fluids in the tissues.

Tonic: Cypress is regarded as a tonic on both physical and emotional levels.

Cautions: Dilute before use. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

****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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