



CYPRESS Organic Essential Oil



Botanical Name: *Cupressus sempervirens L*

Main Constituents:

alpha-Pinene: 40-60%

delta-3-Carene: 16-27%

Plant Part: Needles/Leaves

Origin: Spain

Processing Method: Steam Distillation

Child Safe: Yes

Description / Color / Consistency: Yellowish to yellow liquid / Light to medium consistency

Aromatic Summary / Note / Strength of Aroma: Woody, fresh, and green aroma with a fragrance similar to that of Pine / Top Note / Mild to Medium Aroma.

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

Product Abstract: The *Cupressus sempervirens L.* 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 (Aazara *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.

Certified Organics: This Organic Oil is NOP Certified. The National Organic Program develops, implements, and administers national production, handling, and labeling standards for organic agricultural products. The QAI also accredits the certifying agents (foreign and domestic) who inspect organic production and handling operations to certify that they meet USDA standards.

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.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).