

Cypress

Cupressus sempervirens & lusitanica 15 ml

dōTERRA® | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

PRIMARY BENEFITS

- Cypress oil can help improve the appearance of oily skin.
- Along with its countless applications, Cypress helps oil has a renewing and uplifting aroma.
- Stimulating yet grounding effect on emotions, making it helpful for mood management.
- Due to Cypress oil's rejuvenating aroma and skin benefits, it is commonly used in spas and by massage therapists.

PRODUCT DESCRIPTION

Derived from the branches of the tall evergreen tree, Cypress essential oil has a clean aroma that's energising and refreshing. Cypress is frequently used in spas and by massage therapists because of its many benefits to the skin. It has a grounding, yet stimulating effect on the emotions, making it a popular oil for massages. The fresh, woody aroma of Cypress promotes relaxation.

USES

- Prior to a long run, apply Cypress oil to feet and legs for an energising boost.
- Place ½ cup Epsom salt and one drop Cypress in a warm bath to promote relaxing feelings.

DIRECTIONS FOR USE

Topical use: For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil. For topical use only.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

