

# Cypress

Cupressus Essential Oil 15 mL

dōTERRA®

Product Information Page (UAE)



**Application:** T N

**Ingredients:** Cypress Oil, Limonene\*, Linalool\*

**Aromatic Description:** Clean, fresh, woody, herbaceous

**Cypress** | Cupressus Essential Oil 15 mL

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## Primary Benefits

- + Helps improve the appearance of oily skin
- + Provides an uplifting aroma

## 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.
- + Add one to two drops to toner to help improve the appearance of oily skin.

## Directions

**Topical:** 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.

\*Naturally occurring oil compounds