

AUST L 338888
AU SKU: 60216257



dōTERRA® CYPRESS

Cupressus sempervirens branch terminal leafy oil essential 1 mL/mL

Clean, fresh, woody, herbaceous

Aromatic description

With its relaxing and uplifting properties, Cypress oil has been traditionally used in aromatherapy to relieve mild rheumatic aches and pains and relieve a cough.

Dating back to the ancient Egyptians, cypress trees have a long history of use by mankind. This belief is reflected in the plant's botanical name 'sempervirens' which means 'ever-living'. Nowadays this symbolic longevity has taken the form of personal care products as we use cypress in all sorts of soaps and perfumes. When it comes to our Cypress essential oil, it can be inhaled or applied topically to areas of the body for therapeutic benefits.

PRIMARY BENEFITS

TRADITIONALLY USED IN AROMATHERAPY TO:

- Relieve mild rheumatic aches and pains
- Relieve cough

PRODUCT DESCRIPTION

Derived from the branches of the tall evergreen tree, Cypress essential oil has a fresh, clean aroma that's energising and refreshing.

Cypress essential oil is frequently used in spas and by massage therapists, it contains monoterpenes, making it beneficial for oily skin conditions. Try diffusing during times of transition or loss to promote feelings of being grounded.

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PLANT PART: Leaf/Branch

EXTRACTION METHOD:

Steam distillation

MAIN CHEMICAL COMPONENTS:

α -pinene, 3-carene, limonene

TIPS FOR USE

Prior to a long run, apply to feet and legs for an energising aromatic boost.

Apply one or two drops to a carrier oil and rub on your chest before gardening to enliven your senses.

Diffuse with Lime essential oil for an invigorating scent.

Mix together Cypress and Grapefruit essential oil with carrier oil for an invigorating massage.

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



Certified Pure Tested Grade

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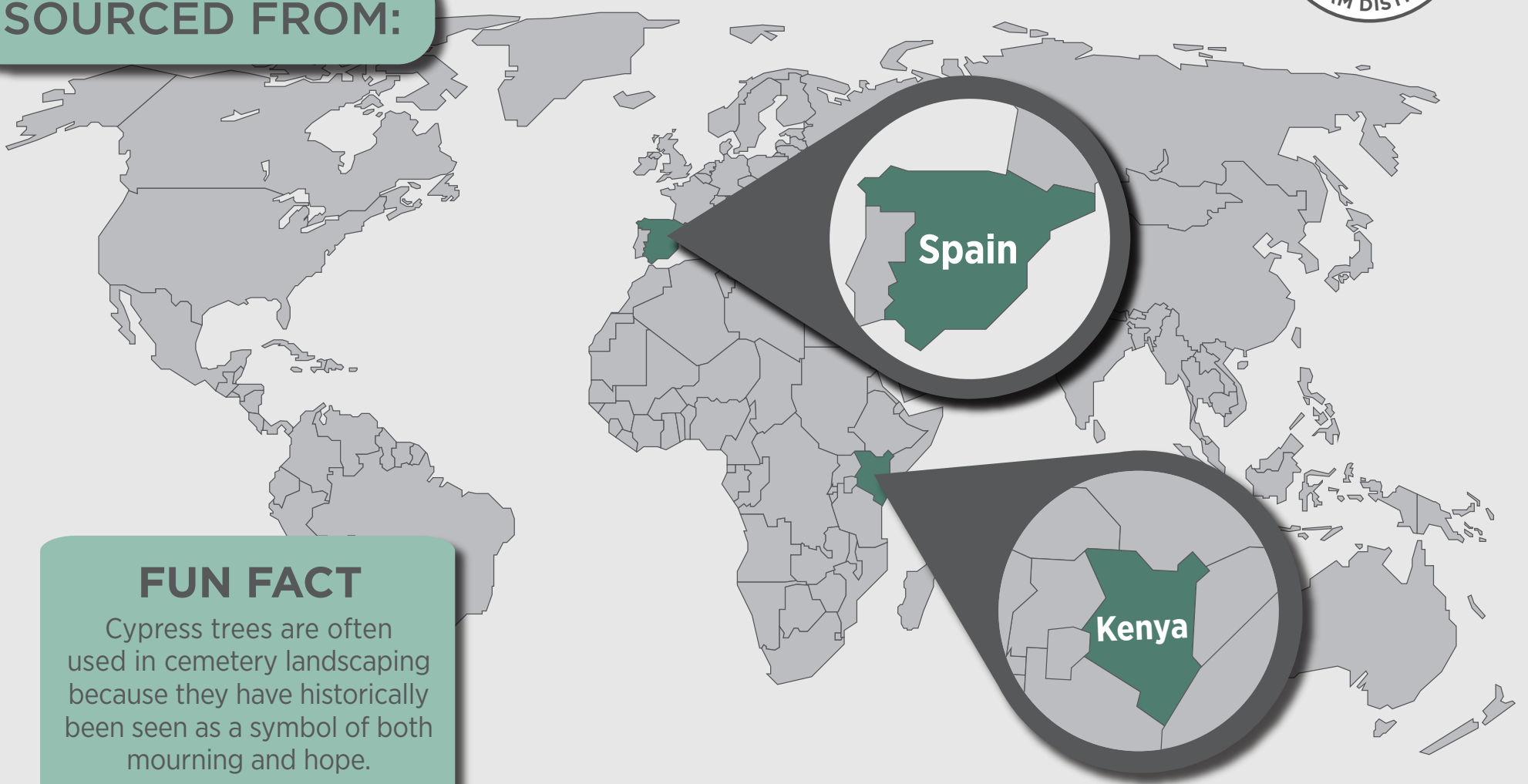
ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Cypress

A | T | N



SOURCED FROM:



FUN FACT

Cypress trees are often used in cemetery landscaping because they have historically been seen as a symbol of both mourning and hope.

WHAT IT TAKES TO MAKE A BOTTLE:



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4 Kg*

It takes approximately 4 kilograms of cypress leaves to produce 15 mL of Cypress essential oil.*

CHEMISTRY:



The main chemical constituents and associated benefits of cypress are:

cleansing

relaxing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

944+

Published studies on the benefits of α-pinene, the main chemical constituent in cypress

Numbers according to PubMed as of December 2017

FUN FACT

A pair of cypress trees can be seen in front of a nighttime village scene in Vincent van Gogh's most famous work, *Starry Night*.

WORKS WELL WITH:

