



Application: A T N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Clean, fresh, woody, herbaceous

Main Chemical Composition: -pinene, carene, limonene

Cypress | *Cupressus sempervirens* 15 mL

60210999

Description

Native to Southern Europe and Western Asia, Cypress essential oil is derived from tall evergreen trees. Cypress' fresh, clean scent offers an energizing, refreshing aroma and is frequently used in spas. It is also commonly used by massage therapists because it offers a cooling sensation on the skin. Cypress contains monoterpenes, making it beneficial for oily skin conditions. One of the main chemical constituents and monoterpenes in Cypress, -pinene, helps to maintain healthy looking skin. It also has a grounding yet stimulating aroma, making it a popular oil to diffuse during times of transition or loss.

Why should I add Cypress oil to my collection? One of Cypress essential oil's main monoterpenes (a chemical constituent) is -pinene, a component shared by other powerhouse oils such as Frankincense oil, Douglas Fir oil, and Helichrysum oil. This monoterpene helps maintain a healthy looking complexion while also giving an invigorating sensation to the skin. Cypress essential oil also has high contents of limonene—a key constituent in citrus essential oils—and carene, which combine in Cypress essential oil to give it both intensive cleansing properties as well as its distinctively grounding yet stimulating aroma.

Uses

Cosmetic

- + Mix Cypress and Grapefruit essential oil with carrier oil for an invigorating massage
- + Prior to a long run, apply to feet and legs for an energizing massage
- + Add one to two drops to toner to balance moisture levels in the skin and maintain healthy looking skin
- + Apply two to three drops to chest before gardening for an energizing aroma

Household

- + Diffuse with Lime essential oil for an invigorating scent

Directions

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

Topical use: When used topically, dilute with carrier oil as needed.

Cautions

For external use only. 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.