

Cypress

Cupressus sempervirens 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: A T N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Clean, fresh, woody, herbaceous

Main Chemical Components: α -pinene, δ -3-carene

PRIMARY BENEFITS

- Promotes vitality and energy
- Helps improve the appearance of oily skin
- Commonly diffused with citrus oils for an uplifting aroma

PRODUCT DESCRIPTION

Derived from the branches of the tall evergreen tree, Cypress essential oil has a fresh, clean aroma that's energizing and refreshing. Cypress is frequently used in spas and by massage therapists. Cypress contains monoterpenes, making it beneficial for oily skin conditions. It has a grounding, yet stimulating effect on the emotions, making it a popular oil to diffuse during times of transition or loss.

USES

- Prior to a long run, apply to feet and legs for an energizing boost.
- Apply two to three drops to chest before gardening to promote vitality and energy.
- 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.

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 minimize any skin sensitivity.

See additional precautions below.

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.

