

# Cypress

Cupressus 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



The clean, fresh aroma of Cypress essential oil is commonly diffused with citrus oils. The topical application helps to invigorate the senses.

**Plant Part:** Branch/Leaf from *Cupressus sempervirens* and *lusitanica*

**Extraction Method:** Steam distillation

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

## PRIMARY BENEFITS

- May benefit the skin
- Create an uplifting fragrance by diffusing the cypress oil along with citrus oil in a diffuser

## PRODUCT DESCRIPTION

Native to Southern Europe and Western Asia, Cypress essential oil is derived from tall evergreen trees. Cypress has a fresh, clean aroma that's energizing and refreshing. Cypress is frequently used in spas and by massage therapists.

## USES

- It is recommended to combine cypress oil and lime oil in a diffuser for an invigorating effect.
- Apply to feet and legs prior to a long run.
- Diffuse for an invigorating scent.
- Mix 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

**Aromatic use:** Use three to four drops in the diffuser of choice.

**Topical use:** Dilute one drop in 10 ml dōTERRA Fractionated Coconut Oil.

## 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.

\* When used topically, it is very important to follow the dilution instructions.