

# Cypress

*Cupressus sempervirens* 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Therapeutic Grade®

**Application:** A T N

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

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

**Main Chemical Components:**  $\alpha$ -pinene,  $\delta$ -3-carene

## PRIMARY BENEFITS

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

### Cypress

*Cupressus sempervirens* 15 mL

Part Number: 30050001

Wholesale: \$15.50

Retail: \$20.67

PV: 15.5



## 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.