

QUICK REFERENCE SHEET

BLUE CYPRESS

Callitris intratropica



Plant Family:
Cupressaceae



Extraction Method:
Steam Distilled



Part Utilized:
Wood, Bark, Leaves



**Region of
Origin:**
Australia

AFFINITY FOR:

respiratory system, root, sacral and solar plexis chakras, the skin, lungs

THERAPEUTIC PROPERTIES:

anti-inflammatory, anti-bacterial, catarrhal, calmative, emollient, insecticide, sedative

AROMATIC CONSIDERATIONS:

The aroma of Australian Blue Cypress is a woody fragrance, blended with cedar and lemon. It is well suited for aroma therapy.

APPLICATION:

Australian Blue Cypress should be well diluted and applied topically. Australian Blue Cypress is both grounding and warming. It is also great diffused.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Australian Blue Cypress is an excellent choice for working with the root, sacral and solar plexis chakras. Because it is both grounding and balancing, it could be used during times of imbalance, disharmony and scattered thoughts. Australian Blue Cypress reduces irritation. This oil would be helpful in working with emotions such as pessimism and ruthlessness. It would lend a cooling effect and bring forth strength and wisdom.

PHYSICAL ASPECTS:

Australian Blue Cypress is an excellent respiratory oil. It is very effective at clearing the lungs and supports normal breathing patterns. It would be an excellent choice for pleurisy.

The presence of guaiazulene and guaicol makes Australian Blue Cypress anti-inflammatory. It would be useful for such things as arthritis, bursitis and general aches and pains.

Australian Blue Cypress was traditionally used to support the body's natural response to irritation and injury. This makes it a good choice for skin irritations and rashes. It has been shown to be moisturizing to dry skin even in a desert environment.

It has also been used to repel mosquitoes and other insects.

GENERAL INFORMATION:

The blue color associated with Australian Blue Cypress is due to the amount of guaiazulene present in the oil.