CYPRESS

Cupressus sempervirens

Plant Family: Coniferae

Extraction Method: Steam Distilled

Part Utilized: Twigs, Leaves

Region of Origin:

Greece

AFFINITY FOR:

circulation, muscles, pancreas, joints, liver, lymphatic drainage, respiratory system, reproductive system, solar plexus chakra, throat chakra, large intestine meridian, central vessel meridian, spleen meridian, yin energy

THERAPEUTIC PROPERTIES:

mucolytic, hepatic, astringent, antispasmodic, antisudorific, diuretic, restorative, vasoconstrictor, respiratory tonic, calmative, astringent

AROMATIC CONSIDERATIONS:

Cypress is a wonderful healer for the spirit. It brings the feeling that each new day is a fresh start on our road to glowing life and health.

APPLICATION:

Diluted and applied anywhere. Excellent applied to the bottom of the feet.

CAUTIONS:

Cypress is mildly estrogenic and should be avoided by most pregnant women. It is, however, used for toxemia when at least part of the cause is an estrogen imbalance.

INGREDIENT IN:

LeAspire, LeBalance, LeCandila, LeCypernium, LeDelicate, LeEndoRelief, LeIQ, LeKey to My Heart, LeReflections, LeRefreshMint, LeTomorrow, LeVisibility, LeVitality, LeWarmDown, LeWoodland Path

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Cypress is considered in many cultures to be symbolic of life after death and guidance from a supreme being. The aroma of Cypress can help seek guidance and inspiration from heavenly sources. It may be useful when facing death or other separations. The aroma of Cypress opens us to direction from heaven. Cypress can help soften unbending and inflexible attitudes.

Cypress seems to bring balance to our attitudes about money. It has the effect of loosening purse strings that are being held too tightly. Cypress can help us learn to enjoy the bounty that we have. Perhaps those who need to can even learn to spend a little on something that is not an absolute necessity.

Change is a part of life. Times of transition can be positive if we allow them to be. If we struggle against the changes, trying to hang on to what was, our life can feel like an unending struggle. Interestingly, Cypress—while not a sedative—is useful for insomnia. Perhaps the optimism it brings quiets the usual worry that is keeping one awake.

PHYSICAL ASPECTS:

Cypress strengthens capillary walls, reducing varicose veins and hemorrhoids. Cypress is a respiratory, lymphatic, liver, pancreas, and prostate decongestant, making Cypress useful for a wide variety of ailments. Cypress is a mild, but effective, diuretic. It should be tried for water retention, cellulite, menstrual bloating, and menopausal problems.

Cypress is one of the best oils for muscle cramps and healing wounds. In fact, Cypress is one of the best single oils to reach for in many circumstances. I love and use mostly blends, but Cypress is so complex and far reaching that it is almost like a blend itself.

Cypress applied, well diluted, to the feet at night brings a lovely sense of warmth to those whose feet typically have a difficult time warming up when first getting into bed.

©2020 Butterfly Expressions LLC