Blue Cypress

Blue Cypress is an excellent choice for working with the root, sacral and solar plexus chakras. Because it is both grounding and balancing, it could be used during times of imbalance, disharmony and scattered thoughts. 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. An excellent respiratory oil. It is very effective at clearing the lungs and supports normal breathing patterns.

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