

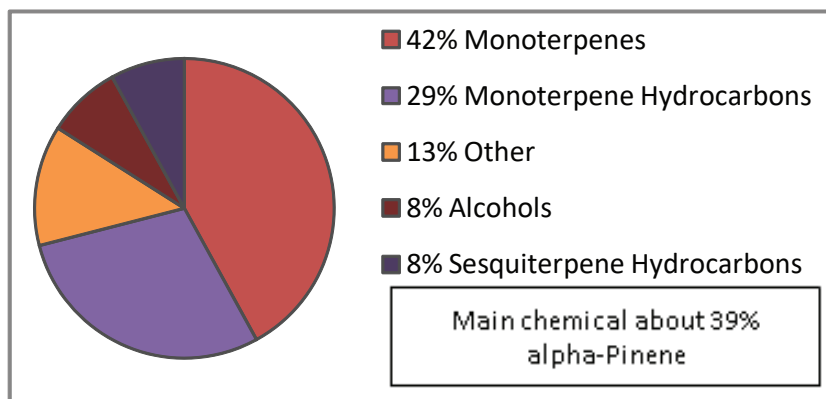
Cypress, Wild: Nepal (*Cupressus sempervirens*)

Cypress has been used for centuries in medicine as well as sacred incense. It comes from the family of evergreens and is very long-lived with the oldest tree to be an estimated four thousand years old. In the Mediterranean region it symbolizes mourning and used to heal emotional wounds. Often Cypress was a part of funeral customs to assist the soul's transition across to the afterlife. It was also used for its protective energies to ward off negative energies and assist in greater mental clarity and overall grounding effects.

Primary Usages: Considered to be the primary oil to assist the circulatory system (improves circulation, restorative, strengthens and tones blood vessels and capillaries, varicose veins, nose bleeds, blood purifier, stops bleeding), assists the lungs (coughs, asthma, colds, whooping cough, eliminating mucus, bronchitis, pulmonary tuberculosis, pleurisy), and traditionally used for women's issues (hormone-like action, menstrual cycle discomforts, pain, cramps, relieve menopausal symptoms, excessive bleeding, ovarian cysts).

Secondary Usages: Considered to be a general healing oil. Has an astringent quality that decreases any excessive flow of fluids whether a runny nose, diarrhea, excessive menstrual flow, or perspiration (for bed wetting rub over bladder to assist in strengthening). Supports the muscles (pain, cramps, spasms, tension, recovery, rheumatism) and as a detoxifying diuretic (fluid retention, bloating, supports the functions of the kidneys and liver, edema, lymph drainage, prostate support, gout).

Has Been Reported: Supports the digestive system (sluggish intestines, pancreas support, infections), skin care (toning, reduces inflammation, oily, healing scar tissue, tightens tissues) and stimulates the immune system (lupus, infection). Used for headaches, hemorrhoids, mouth sores, insect repellent, support for the liver, and to assist to overcome sexual preoccupation.



Descriptor: Circulatory Support, Antispasmodic, Detoxifier, Diuretic

Application: Apply a few drops on location and massage it into the skin. Add a drop or two to your water for a general tonic and digestive support. Diffuse.

Caution: Hormone-like action minor use while pregnant. Use less oil as it ages.

Found In: Alignment, Circulate, Tummy Soothe

Influences: Relaxes the central nervous system and assists to calm the mind and body while grounding us spiritually. It is strengthening and assists to promote emotional healing while removing blocks. Beneficial to mix with Lemon and a carrier oil to use with young children that have been deprived of parental affection and protection.

Medicine Wheel: Primary North and Secondary West. Balances the Qi energy.

Blends Well With: Cedarwood, Clary Sage, Frankincense, Geranium, Juniper, Lavender, Lemon, Marjoram, Pine, Rosemary, Sandalwood