

CYPRESS

Latin Name: *Cupressus Sempervirens L.*

Botanical Family: Cupressaceae

Other Common Names: Italian Cypress, Mediterranean cypress, Common cypress

Extraction Information

Country of Origin: France, Italy

Part of Plant Used: Leaves, Twigs, Cones

Extraction Method: Distillation

Oil Content: []

Color of Oil: Pale Yellow



Cypress *Cupressus sempervirens* var. *horizontalis* Hebrew: *tirzah*
He beweth him down cedars, and taketh the cypress and the oak . . .
ISAIAH 44:14

Blending Information

Odor Description: Piney, Woodsy, Refreshing

Blending Factor: 5

Note: Middle

Energy: Balancing

Blends Well With: Lemon, Geranium, Rose, Saro, Clary Sage, Sweet Marjoram, Niaouli, Cedarwood, Helichrysum, Black Spruce

Indicated For: Oily, sweaty skin and feet, broken capillaries, bruises, cellulite, supportive wound healer

Safety Information: Skin sensitizer if the essential oil is oxidized. Store properly in cool/ dark place. Refrigeration recommended.

Contraindications: None known

GRAS status:

Botany: *Cupressus sempervirens* L. is a tree that grows 40 – 60 feet high or higher. It has branches either spreading horizontally or narrowly upright; the bark is thin, smooth, grayish-brown, and somewhat fissured. The leaves are a dull dark green. The flowers are small and white and

History + Myth

bear round, brownish-grey cones or nuts. The tree is indigenous to the mountains of northern Iran, Asia minor, Crete, and Cyprus. Cypress was introduced into Italy in ancient times and is now naturalized in many countries including England, France, Italy, Spain, and Portugal. The name sempervirens can be translated to mean 'evergreen' or 'ever-living'. The ancient Greeks dedicated this tree to Pluto, god of the underworld. Hippocrates recommended Cypress for the treatment of hemorrhoids with bleeding conditions of excess fluid loss such as perspiration and menstrual flow. The Chinese have employed cypress for profuse sweating and for its benefits on the respiratory system. Some have said that cypress is superior in its astringent action.

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Therapeutic Actions

Antiperspirant, antirheumatic, antiseptic, antispasmodic, antisudorific, antitussive, astringent, decongestant (venous and lymphatic), deodorant, detoxifier, diuretic, febrifuge, insecticide, nervine, restorative (nervous system), sedative, styptic, vasoconstrictor, vulnerary

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Chemical Feature:

Rich in Monoterpenes (up to 70%)

Chemical Composition

General Chemical Composition of *Cupressus sempervirens*

Chemical Family	Specific Components
Monoterpenes	α -thujene (0.56%), α -pinene (61.69%), camphene (0.57%), sabinene (1.11%), β -pinene (1.45%), β -myrcene (2.41%), α -phellandrene (0.05%), delta-3-carene (12.11%), α -terpinene (0.21%), β -phellandrene + limonene (2.8%), (e)-b-ocimene (0.09%), gamma-terpinene (0.34%), terpinolene (2.2%)
Sesquiterpenes	β -caryophyllene (0.74%), germacrene D (2.75%)
Monoterpene Alcohols	α -terpineol (0.04%), borneol (0.05%), terpinen-4-ol (0.35%)
Esters	bornyl acetate (0.41%), α -terpinyl acetate (0.89%)

<http://www.florihana.com/en/essential-oils/cypress-organic.html#.VEjxQofWBjs>

Core Aromatic Applications:

Circulatory System: Varicose veins, nosebleeds, pyorrhea (bleeding gums), chilblains, cellulite, bruises, edema

Digestive System: Diarrhea, Hemorrhoids

Lymphatic System: Congestion in lymph system

Reproductive/Endocrine system: Excess blood flow during menstruation (menorrhagia), dysmenorrhea, cramps

Respiratory System: Infection of the throat, nose, or bronchi in early phase, coughs particularly spasmodic coughs, bronchitis, asthma, flu, sore throat

Skin: Oil, sweaty skin and feet, broken capillaries, bruises, cellulite, supportive wound healer

Psyche & Emotion: Calming, Constrictive, Soothing, Feelings of being overwhelmed, helpful during times of transition and bereavement, anxiety, excessive talking, excessive thinking

Subtle/Energetic Aromatherapy: Cypress EO has a wonderful energy of pulling things together, including thoughts and overwhelming emotions; a useful oil for concentration and to help refocus; used in TCM to enliven and regulate the flow of blood by offering a restorative and toning effect on veins; can be used to purify physical and energetic space and is recommended for the heart chakra to provide comfort and strength to an individual who has experienced the loss of someone close.

Keywords: Astringent, Excessive Perspiration, Toning Effect on Vein

Research: Cypress possesses biological properties. It acts as an expectorant, antipyretic, diaphoretic, and urine enhancer; externally it has been used for treating coughs and bronchitis, for hemorrhoids, and against foot sweating.

Combined with lavender (*Lavandula angustifolia*) effective combination exhibit anticandidal activity.

The most noteworthy synergistic interactions were evident for *C. albicans*, particularly the combination of *L. angustifolia* with *Cupressus sempervirens*.