

Cypress
Cupressus sempervirens - Cupressaceae

An evergreen conifer that grows to a height of 25 - 45 metres. It has slender branches and a characteristically upright conical form. It bears small flowers and round greybrown cones. The trees are a common part of the Mediterranean landscape and have traditionally been planted at the entrance to cemeteries as a symbol of transition and change.

<u>Place of Origin</u>	<u>Part of plant used</u>	needles and twigs
France, Italy, Spain, Morocco	<u>Method of Extraction</u>	steam distillation
<u>Characteristics</u>	<u>Yield</u>	1-2%
Colour: Pale yellow	<u>BF</u>	5-7
Perfume notes: Top, middle	<u>TR</u>	D
Aroma:		

Chemical Composition

monoterpenes	limonene	%		%
	pinene	2-10	Sesquiterpenols	cedrol 1-7
	careen	20-40		
	terpinolene	15-24	Esters	terpinyl acetate 1-7
	camphene	1-6		
	sabinene	3-4		
	myrcene	3		

Properties: Antispasmodic, astringent, diuretic, lymphatic decongestant, styptic, vasoconstrictive, venous tonic, antirheumatic, antiviral, deodorant, mucofytic, restorative

Precautions:

Non-toxic, non-sensitising

Monoterpene content: Can be irritant to skin and mucus membranes in high concentrations
Oxidises readily on exposure to air

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Indications

Circulatory

Varicose veins, haemorrhoids, bruising, thread veins

Digestive

Genito-Urinary / Gynaecological

Dysmenorrhoea, PMS, menopausal imbalances, particularly hot flushes and night sweats, menorrhagia

Immune System

Musculo-skeletal

Muscular stiffness, arthritis, rheumatism, cramps, post-sports treatment

Nervous

Nervous system exhaustion, stress, fatigue

Respiratory

asthma, excessive catarrh, sinusitis

Skin

Cellulite, oedema, congested oily skin, acne, excessive perspiration, greasy hair

Clinical Research

Effective against MRSA

Psychological uses

A very versatile oil, which is easy to combine with others, cypress is helpful to people of all ages. It has a sense of stability and serenity about it making it suitable for those lacking these emotional qualities as well as for those who have lost touch with them.

Traditionally a symbol of immortality, cypress is perfect for dissolving impatience or remorse. It is an oil that guides one through times of transition and change, helping us to remain calm and tranquil throughout any upheaval.

Summary

Astringent, haemostatic, venous tonic