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.

Place of Origin  Part of plant used  Yields
France, Italy, Spain, Morocco  needles and twigs

Method of Extraction  steam distillation

Characteristics  Yield  1-2%
Colour: Pale yellow  BF  5-7
Perfume notes: Top, middle  TR  D

Aroma:

Chemical Composition

<table>
<thead>
<tr>
<th>Monoterpenes</th>
<th>%</th>
<th>Sesquiterpenols</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>limonene</td>
<td>2-10</td>
<td>cedrol</td>
<td>1-7</td>
</tr>
<tr>
<td>pinene</td>
<td>20-40</td>
<td></td>
<td></td>
</tr>
<tr>
<td>careen</td>
<td>15-24</td>
<td></td>
<td></td>
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<tr>
<td>terpinolene</td>
<td>1-6</td>
<td>terpinyl acetate</td>
<td>1-7</td>
</tr>
<tr>
<td>camphene</td>
<td>3-4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sabinene</td>
<td>3</td>
<td></td>
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<tr>
<td>myrcene</td>
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Properties: Antispasmodic, astringent, diuretic, lymphatic decongestant, styptic, vasoconstrictive, venous tonic, antirheumatic, antiviral, deodorant, mucolytic, 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

**Musculo-skeletal**  
Muscular stiffness, arthritis, rheumatism, cramps, post-sports treatment

**Digestive**

**Nervous**  
Nervous system exhaustion, stress, fatigue

**Genito-Urinary / Gynaecological**  
Dysmenorrhoea, PMS, menopausal imbalances, particularly hot flushes and night sweats, menorrhagia

**Respiratory**  
asthma, excessive catarrh, sinusitis

**Immune System**

**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