

Essential Oil Index

This month in our continuing series of essential oils, we take a look at ...

Cypress



Cypress (*Cupressus sempervirens*) is a tall evergreen tree, conical in shape, with slender branches. A native to the Mediterranean, this herb has a particular affinity with the female reproductive system. It is widely used in both Eastern medicine and European herbal traditions, including the Tibetans, who used it as a purifying incense.

The oil, which has a base keynote, is extracted from the needles, twigs and cones by steam distillation. It is employed in some pharmaceutical products and used as a fragrance component in colognes, aftershaves and perfumes.

With thanks to Purple Flame Aromatherapy, St. John's Spinney, Gun Hill, Arley, CV7 8IT.

Key constituents

A-terpinyl acetate, alpha pinene (40-50%), camphene, carene, cymene, limonene, myrcene, sabinol, sylvestrene, terpinolene.

Body systems affected

Circulatory, nervous, respiratory, urinary.

Main therapeutic properties

Anti-rheumatic, anti-septic, anti-spasmodic, astringent, diuretic, hepatic, styptic, tonic, vasoconstrictor (local).

Secondary therapeutic properties

Deodorant, sedative (nervous).

Main therapeutic uses

Asthma, bronchitis, cellulite, dysmenorrhoea, endometriosis, fluid retention, haemorrhages, haemorrhoids, liver diseases, menopausal problems, oedema, poor circulation, pyorrhoea, rheumatism, spasmodic coughs, varicose veins, venous conditions, whooping cough, wounds.

Secondary therapeutic uses

Dehydrated skin conditions, diarrhoea, flu, greasy skin conditions, nervous tension, stress related conditions, sweaty feet.

Blends with

Benzoin, bergamot, cardamon, cedarwood, clary sage, juniper, lavender, lemon, mandarin, marjoram, neroli, pine, rose, sandalwood, sweet orange.

Safety data

Non-toxic, non-irritant, and non-sensitising. Caution during early pregnancy.

Other information

The oil has a pleasant, woody aroma and is usually pale yellow/yellow-green in colour.

Cypress is an insect-repelling oil.