

# CYPRESS

## CUPRESSUS SEMPERVIRENS

Country of Origin: Spain

Steam Distilled from branches and leaves

Cypress is a fresh, woody oil steam distilled from the branches and leaves of *Cupressus sempervirens*, valued for its clean, slightly resinous aroma and its ability to bring structure and tone to the body. It carries a crisp, green profile with a subtle dryness - uplifting without being bright, and grounding without heaviness - making it especially useful when the system feels congested, sluggish, or out of balance.

Traditionally used to support circulation, fluid movement, and respiratory clarity, cypress works to tighten, tone, and restore flow where there is stagnation. It is often reached for when there is heaviness in the limbs, excess fluid retention, or early signs of respiratory imbalance. Rather than stimulating aggressively, it helps the body feel more supported and efficiently regulated.

## FUNCTIONAL CONSTITUENTS

**Alpha-Pinene** A dominant monoterpene that supports respiratory clarity and contributes to cypress's fresh, clean, and slightly drying profile.

**3-Carene** Known for its fluid-reducing and toning properties, helping support circulation and reduce feelings of heaviness or congestion.

**Limonene** Adds a light, uplifting edge while supporting circulation and contributing to the oil's clean, refreshing character.

**Clinical Studies:** <https://pmc.ncbi.nlm.nih.gov/articles/PMC9898348/>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4052795/>  
<https://pubmed.ncbi.nlm.nih.gov/37801906/>



## HOW WE SOURCE

Our cypress oil is steam distilled from the fresh leaves and young branches of *Cupressus sempervirens*, harvested from trees grown in Mediterranean regions where climate and soil support optimal development of its crisp, green profile. Material is collected at peak vitality, when the oil carries its characteristic balance of freshness and subtle dryness.

Distillation is done in small, controlled batches to preserve the integrity of its monoterpene content and clean aromatic structure. We look for oil that retains a clear, sharp-green profile with a dry, woody edge - never dull, overly soft, or flattened through poor handling.

## OUR CYPRESS IS:

- ✓ Steam distilled from fresh leaves and young branches
- ✓ Sourced from traditional Mediterranean regions
- ✓ Harvested at peak plant vitality
- ✓ Distilled in small, controlled batches
- ✓ Handled to preserve crisp, green profile

We look for oil that carries a clean, fresh, slightly dry green aroma - an immediate sign of proper harvest and careful distillation. Flat, dull, or overly soft oils are avoided.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Fresh leaf/branch source\*
- Steam distilled\*
- Clear, light oil\*
- Crisp, dry profile\*
- Clean finish\*

### Avoid:

- Aged or woody-heavy material\*
- Solvent extracted\*
- Dark or dull oil\*
- Soft, flattened profile\*
- Lingering off-notes\*

## HOW TO USE CYPRESS

Cypress is commonly used when the goal is toning, decongesting, and supporting healthy circulation and fluid movement. It integrates easily into daily routines through aromatic and topical use.

### Aromatic

Diffuse 3–5 drops to create a clean, clarifying environment. Often used during times of congestion or when the air feels heavy.\*

### Topical

Dilute with a carrier oil and apply to legs, abdomen, or chest. Commonly used to support circulation, ease fluid retention, and promote respiratory comfort.\*

### Bath

Add 3–5 drops to bath salts before dispersing in warm water. Often used to support circulation and relieve feelings of heaviness in the body.\*

## WHAT IT SUPPORTS

Cypress is traditionally used when the goal is toning, decongesting, and restoring healthy flow throughout the body. It supports:

- Circulatory function and vessel tone\*
- Lymphatic movement and fluid balance\*
- Respiratory clarity and airway support\*
- Muscle tone and structural support\*
- Skin tightening and oil balance\*

Used consistently, it helps the body feel lighter, more supported, and efficiently regulated - without overstimulation.

## CYPRESS IN THE STILLROOM

Cypress has long been used in the stillroom as a structuring oil - brought in when the body feels heavy, congested, or lacking tone. Distilled from the leaves and twigs, it carries a crisp, dry green profile that helps tighten and organize, supporting movement where there is stagnation.

It is often reached for when there is fluid buildup, sluggish circulation, or early respiratory imbalance. Rather than stimulating, cypress works to refine and regulate - helping the system feel more contained, supported, and efficiently flowing. Used consistently, it brings a sense of lightness, clarity, and structural balance.

## MORE WAYS TO USE CYPRESS

### Leg Relief

Massage diluted oil into lower legs and ankles. Helps ease feelings of heaviness after long periods of standing or sitting.\*

### Post-Travel Reset

Apply to feet and calves after travel. Supports circulation and helps the body feel rebalanced.\*

### Chest Steam

Add 1–2 drops to a bowl of hot water and inhale gently. Commonly used to open and clear the airways.\*

### Skin Tone Support

Add to body oil or lotion and apply to areas needing firmness. Helps support a more toned appearance.\*

### Focused Breathing

Apply diluted to chest before deep breathing or light movement. Helps encourage a more open, steady respiratory rhythm.\*

## CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

