Cypress Essential Oil

Scriptural Oil of the Bible: Cypress.

Cypress is also known as “gofer wood,” from the days of Noah, and in Ethiopia, Cypress is known as Thyia.

(Rev 1:11 and 2:18)

Noah’s son, Shem and his descendants lead us to the Queen of Sheba and the founding of Yemen’s capital, Sana’a where the Queen and her children were considered to be “jinn,” a type of magical or superhuman. This is where we get the term, “genie.” She traveled around with Cypress trees, planting groves in many regions, which helped to spread the healing abilities of the tree for many, including us today.

Botanical name: Cupressus sempervirens. The Greek word ‘Sempervirens’, from which the botanical name is derived, means ‘lives forever’ and the tree also gave its name to the island of Cypress, where it used to be worshiped.

The Thyia (Cypress) tree is thought by some to be the “Tree of Life” for the healing of the Nations and legends say the cross of Jesus had been made of cypress wood.

It is interesting to note how for centuries this oil has ministered to the spiritual and emotional needs of people and at the same time, been used for so many physical ailments. Cypress ministers to our spirits, souls and bodies as it has effect on organ systems that are shaken by the anger, grief and sadness associated with transition. At the same time, it provides support for the lungs, reproductive system, liver, lymph and muscles. Is that cool or what!!!! Hallelujah!

Cypress may ease the feeling of loss and help to create a sense of security and grounding as in this Scriptural reference in the Bible.

Isaiah 44:14—"He heweth him down cedars, and taketh the cypress and the oak, which he strengtheneth for himself among the trees of the forest: he planteth an ash, and the rain doth nourish it."

Cypress is also mentioned in Genesis 6:14—Isaiah 41:19—Kings 9:11—Song of Solomon 1:17.

This is definitely one of the oils you should have in your medicine cabinet because of ALL of its spiritual and medicinal properties. The health benefits of Cypress Essential Oil can be attributed to its properties like: astringent, anti septic, anti spasmodic, deodorant, diuretic, haemostatic (stops the flow of blood), hepatic (liver), styptic (stops bleeding), sudorific (sweating) and vasoconstrictor, respiratory tonic and sedative.
Where does Cypress Oil come from? The Essential Oils of Cypress are obtained through steam distillation of young twigs, stems and needles. Cypress, a needle bearing tree of Coniferous-Deciduous regions, bears a scientific name of Cupressus Sempervirens. The essential oils extracted from Cypress contain components like Alpha Pinene, Beta Pinene, Alpha Terpinene, Bornyl Acetate, Carene, Camphene, Cedrol, Cadinene, Sabinene, Myrcene, Terpinolene and Linalool, which count for its medicinal properties.

Although the tree of Cypress is often linked with death and often found in and around cemeteries, the Essential Oils obtained from this tree can save you from some really nasty ailments.

Suki Isakson says: 1) “Cypress stops everything that flows in excess, e.g., running noses, diarrhea, heavy perspiration, and heavy menstrual flow.” It is the “healer for blood, sweat and tears.” Cypress is peerless for treating all conditions involving excess fluids. It refreshes, restores and tones.

Medical Properties: Improves circulation and strengthens blood capillaries; anti-infectious, antispasmodic; discourages fluid retention.

Uses: Diabetes, circulatory disorders, cancer (Jean Valnet, JD) grounding, stabilizing.

Fragrant Influence: Eases the feeling of loss and creates a sense of security and grounding. Also, helps heal emotional trauma, calms, soothes anger, and helps life flow better. Can help soothe irritating coughs and minor chest discomfort.

In plain English, Cypress Is An……..

**Astringent**: Strengthen your gums and tighten you muscles and abdomen with this essential oil of Cypress. The main function associated with astringency is contraction. So Cypress Oil makes your gums, skin, muscles and hair follicles contract and prevents falling of teeth and hair and loosening of skin and muscles.

**Anti Septic**: The anti septic properties of Cypress Oil makes it a good application for external and internal wounds as well as an ingredient of the anti septic lotions and creams. This is particularly due to presence of Camphene in its Essential Oils.
**Anti Spasmodic**: Cypress Oil is helpful in curing nearly all types of spasms and resultant problems. It efficiently relieves spasm in respiratory system, intestines and muscular spasms in limbs. It also helps cure convulsions, muscle pulls, cramps and spasmodic cholera, which are caused due to spasms.

**Deodorant**: Cypress Oil has a spicy and masculine fragrance and can easily replace the synthetic deodorants, which boast of a spicy, masculine smell.

**Diuretic**: Cypress Oil increases urination, both in frequency and in quantity. This is very important and can be very beneficial for health. With urine, fats are lost from the body to the extent of 4% of the volume of urine. So, it is but obvious, the more you urinate, the more you lose fat.

Then, urination promotes digestion and also does not let gas form in the intestines as well as removes excess water from the body and reduces swelling etc. The most important role played by urine is that it removes toxins from the body. Added to that, it also reduces blood pressure and cleans kidneys. Most of the medicines for lowering blood pressure are based on this benefit of urination.

**Haemostatic & Styptic**: Although these two properties are very similar in meaning, yet they differ a bit. While Haemostatic means an agent that can stop flow of blood or promotes clotting of blood, Styptic primarily means Astringent, which apart from having other properties of an astringent, also helps stoppage of blood flow by contraction of blood vessels. Both of these properties are very important in their own areas of application. If somebody is bleeding profusely, you need a Haemostatic to speed up clotting of blood and stop the flow to save his life.

Similarly, being an astringent helps in a different way. It promotes contraction of gums, hair follicles, muscles, skin and blood vessels, thereby preventing loosening and fall of teeth, hair fall and flow of blood through vessels. Both of these properties can be life saving.

**Hepatic**: Cypress Oil is good for liver and it ensures good health of liver by maintaining proper discharge of bile from it. It also protects liver from infections.

**Sudorific**: Sudorific is a property by virtue of which a substance can cause sweating or perspiration. This is nothing to get annoyed at. Actually a good sweating makes you feel lighter, fit and helps with the removal of toxins and excess salt and water through sweat. This cleans the skin pores and openings of sweat and sebum glands and keeps away acne and other skin diseases. Cypress Oil has good Sudorific properties.

**Vasoconstrictor**: Cypress Oil causes blood vessels to contract. This can be beneficial in case of bleeding.
**Respiratory Tonic**: Cypress Oil tones up the respiratory system and increases efficiency of lungs. It also helps remove cough and phlegm accumulated in the respiratory tracts and lungs as well as opens up congestion, making breathing easier when suffering from cough and cold.

**Sedative**: It induces a calming, relaxing and sedating effect on the mind and the body. It relieves nervous stress and anxiety. It also gives a happy feeling in cases of anger or sadness. This property can be helpful to pacify people who suffered a shock or setback in life.

**Other Benefits**: Checks heavy perspiration, heavy menstruations and heavy bleeding. It can also check water flowing out of eyes. It is anti rheumatic and anti arthritic and can also be used in treatment of varicose veins, cellulite, asthma, bronchitis and even diarrhea.

**Should be avoided during pregnancy.**

**Blending**: Cypress Oil forms fine blends with essential oils of all citrus fruits such as Lime, Lemon and Orange as well as with Bergamot, Clary Sage, Frankincense, Juniper, Lavender, Marjoram, Pine and Rosemary and Sandalwood essential oils.

Cypress is used to help with diabetes, circulatory disorders, cancer (Jean Valnet, MD) it is grounding and stabilizing. It is used to treat PMT, Menopausal Problems, Fluid Retention, Rheumatism/Arthritis, Cellulite, Haemorrhoids, Muscle Cramps, Anger/Rage, Impatience/Irritability, Nervous Tension, Broken veins/Varicose veins, Coughs/Whooping Cough, excessive perspiration, Bleeding gums, Acne/Oily Skin, and it is an Insect repellent.

Cypress may also help with varicose veins, hemorrhoids, fluid retention, constipation, edema, excessive perspiration and hand and feet sweating. It can also be effective for muscles and joints, the respiratory system, the reproductive, and nervous systems. Cypress can also soothe irritating coughs and minor chest discomfort.

**Ancient uses** for Cypress are Arthritis, laryngitis, reducing scar tissue and cramps.

There is always a "**fragrant influence**" of Essential oils. Cypress eases the feeling of loss and creates a sense of security and grounding. It helps to heal emotional trauma, calms, soothes anger, and helps life flow better.

I just read on the front page of AOL that there is a serious outbreak of Whooping cough. You might have missed it because they did not say Whooping Cough. The outbreak described was, “Pertussis.”

A few **more uses** for Cypress would be PMT, Menopausal Problems, Fluid retention, Rheumatism/Arthritis, Cellulite, Haemorrhoids, Muscle Cramps, Anger/Rage, Impatience/Irritability, Nervous tension, Broken veins, Varicose veins, Excessive perspiration, Bleeding gums, Acne/Oily Skin, and Insect Repellent.
Cypress is **anti-bacterial**, protecting the lungs from ill health. It acts as a respiratory sedative and decongestant, and therefore aids spastic cough, and excess fluid. Its anti-inflammatory action combined with its ability to relax muscles aids tightness in the chest, and inflammation caused by irritation and infection. Cypress is commonly used for respiratory problems, such as emphysema, influenza and bronchitis. One formula that essential oil of cypress finds great affinity with is frankincense and eucalyptus globulus in a carrier oil of Mullen leaf or flower oil. If a more sedative effect is desired, add lavender, sweet marjoram or spikenard. Apply this formula to the soles of the feet and on the chest.

**How do we use Cypress and take advantage the healing properties?**

**The Physical**

The deep work of cypress for spiritual and emotional use compliments its medicinal attributes. Cypress has effect on organ systems that are shaken by the anger, grief and sadness associated with transition. It provides support for the lungs, reproductive system, liver, lymph and muscles. It teaches us the interconnection of these body functions, and all that can go wrong in the event of emotional events in life.

**The Respiratory Tract**

It is known that grief and deep sadness vibrate and affect the health of the respiratory tract. Many clients come with respiratory illness or weakness while going through great change or emotional upheaval. Cypress is anti-bacterial, protecting the lungs from ill health. It acts as a respiratory sedative and decongestant, and therefore aids spastic cough, and excess fluid.

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**The Liver**

Anger affects the function of the liver. There is often the tendency toward liver weakness already in play when the turmoil of anger comes along. Cypress essential oil has been found to aid inflammation of the liver, and has a profound affect when used externally in combination with a few other liver resonating oils.

One formula recommend that has very few contraindications is lemon, juniper, rose, and cypress. This formula aids detoxification of the liver, inflammation, jaundice and balances function. Take 1 oz. of almond oil and
add 2 drops of lemon, 2 of juniper, 3 of rose and 7 of cypress pure essential oils. From a reflexology chart, find the liver, and lymphatic points on the feet. Apply to these points 3-4 times daily. Also apply directly over the liver.

While external application to support liver function is unusual, it is a therapy that is useful when internal support cannot be used. There is no proof that essential oils used topically treat liver conditions, but testimonies have come forth that they do improve liver function and the health of the individual. I believe there are chemical processes at work strong enough to have a positive effect on liver function. I also believe the vibrational energy of essential oils can influence the organ. One cannot negate the emotional relief that essential oils bring, and the positive effect that has on physiological function.

**Lymphatic**

Cypress as an anti-inflammatory and decongestant in the respiratory tract has the same action on the lymphatic system and for swollen veins and lymph nodes. It shuffles out toxins where there is lymphatic swelling, or swelling in the veins, including varicose veins, and hemorrhoids. A great formula for this is juniper, grapefruit, cypress and frankincense. Add 3 drops of each to 1 oz. of almond oil, and apply to the area in need 3-4 times daily.

**The Muscles**

Cypress essential oil provides relief from muscular cramps, menstrual cramps, and arthritic aches and pains. It is great in combination with other oils that are anti-spasmodic. Try a combination of cypress with ginger, eucalyptus and rosemary pure essential oil.

The use of Cypress essential oil to ease life circumstances is an old practice. It is an oil of change. It anticipates how our physical body reacts to emotional and spiritual stress, and gives the appropriate support.

While our transitions may take many unexpected twists, we are given with it an opportunity for growth and renewal. Support is essential, and cypress is support.

**Cypress for Nosebleeds**

The oil of Cypress, which can be so helpful for all kinds of circulation issues including edema and varicose/spider veins, is also helpful for stopping nosebleeds! This was explained at the Young Living Convention, in a fantastic class by Dr. Peter Minke, on emergency first aid with the oils. Here is what one YL member says about how it works for her family:

Cypress for nosebleeds! My twelve year old, son gets nosebleeds frequently. Dr. Minke said during his class at Grand Convention to put cypress on the inside of each forearm (there are big veins there and that’s one of the fastest ways to get the oils into the blood stream). I’ll do 2 applications on each arm and his nose stops bleeding in less than 1-2 minutes every time.
I used Cypress to help a lady who suddenly developed excessive nosebleeds at work. The doctors did not know what was causing them or what to do. They just told her to lay back and pack her nose with gauze pads. I had her put a drop or two on the inner area of her elbows and within less than a minute the bleeding had stopped. At that point, she was so excited, it had stopped the bleeding, she added it to her temples and on the back of her neck.

David Stewart PhD, said he used: Cypress, Wintergreen and a blend of oils called, “Panaway,” on his knee and the oils helped regenerate and heal his knee over a 2 month period. Checkout David’s Book, “Healing Oils of the Bible.” (Panaway is a pain killing and healing group of oils blended together: Wintergreen, Helichrysum and Peppermint and Clove).

I use Cypress oil in my face cream along with several other oils. It goes well with Tangerine and Orange to tingle and tighten.

Do you ever feel cold? Are your feet or hands feeling like they retain water? Could your aches and pains be from inflammation?

If you answered yes to any of these questions, you may have poor circulation, and Cypress oil could be what you need to get your circulation circulating.

_Ancient Uses for Cypress_: Arthritis, laryngitis, reducing scar tissue, cramps. Cypress oil is mentioned in a Babylonian table dating 1800 BC.

Cypress is a clean smelling, balsamic oil that does not only help calm and balance energy, but also promotes spirituality, helping to clear the respiratory system of excess phlegm and catarrh.

It sorts out urinary tract infections as well as bladder and kidney disorders, bronchial infections, while improving oily skin and clearing dandruff.

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_Application/How to Use_: Massage along the spine, on armpits, on feet, heart and chest.

Use a drop or two of Cypress where you would apply a deodorant.

Equal parts Cypress and Tangerine mixed with a small amount of V-6 mixing oil makes a wonderful serum for skin toning and also may aid with the healing of scar tissue. (Try five drops of each in a 5ml bottle and then fill the rest of the bottle with carrier oil.)

_Carrier oil_ = Olive/Grape, Almond, etc.

Mix several drops of Cypress with pure V-6 mixing oil and apply on location. May help with arthritis discomfort. (Less sensitive skin may wish to try applying Cypress oil neat. _Neat_ = undiluted)
Apply Cypress neat or diluted on location, may ease cramping.

Rub Cypress around the nasal area, inside of elbows to help control a nosebleed. (Avoid the eye area.)

Apply a drop of Cypress to a minor injury to facilitate healing and prevent infection.

Use several drops mixed with V-6 mixing oil and apply where needed as an insect repellent.

Diffuse Cypress, or inhale directly from the bottle to help with insomnia.

Help relieve acute chest discomfort and/or bronchitis by rubbing Cypress on the chest area.

Help strengthen blood capillaries and increase circulation by rubbing Cypress mixed with V-6 mixing oil on location. When used with Helichrysum oil, may help with varicose and spider veins.

To help relieve a stubborn cough put a few drops of cypress essential oil on your pillow before you go to bed. Alternatively drop the essential oil onto a cotton wool ball and place by your bedside.

Cypress essential oil makes great massage oil, when you blend it with a base oil. Rub on your abdomen and thighs to help with fluid retention. Cypress also makes a great warming and energizing massage oil blend.

Cypress essential oil has excellent deodorizing properties and is a good oil to use on sweaty smelly feet. Just add a couple of drops to a footbath and soak the feet.

If you are suffering from menstrual problems, a bath with cypress essential oil could help. Run a warm bath and add a four to five drops of the essential oil.

Cypress can be beneficial for breathing problems such as asthma, bronchitis and whooping cough. Add a few drops to your oil burner or diffuser.

Here is a recommended bath formula based on an Ancient Egyptian anointing oil. It is made with essential oils of cypress, frankincense, atlas cedar wood, bergamot and rose. It eases grief, anger and sadness associated with change. It inspires courage and wholeness.

Cypress essential oil blends well with bergamot, cinnamon, lavender, mandarin, clary sage, frankincense, pine, rose, tea tree, ravensara, black pepper, spruce, grapefruit, juniper, marjoram, rosemary and jasmine, sandalwood and all of citrus fruits such as Lime, Lemon, Orange essential oil. (Rev 1:11 and 2:18)