



CYPRESS



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Essential Oil *Cupressus sempervirens*

Used in aromatherapy

Experience Wellness in Body & Soul

- **BODY:** Helps to relieve joint or muscle pain associated with sprains, strains and rheumatoid arthritis. Cypress can be used to reduce the symptoms of a cold and cough.
- **SOUL:** Refreshes, restores and promotes a sense of security and grounding.

USAGES: *Local application, body massage, topical application, sprays used for muscle pain/other topical use, bath, direct inhalation, steam inhalation, compresses*



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