



Cypress

Latin name : Cupressus sempervirens

French names : Cyprès toujours vert, Cyprès de Provence

Other English name : Cupressus

Extracted from : branches (France)

Self-control and phlegm bear no secrets for Cypress. It goes straight, it goes high up the sky, it does not sway, not one single leaf would contravene to this rule of straightness: Cypress knows how to behave appropriately.

One day, an Australian visitor asked, while looking at a Cypress tree in front of a Swiss cemetery: "Do you comb them every morning?"

Standing up for too long?

A few drops of Cypress in carrier oil, and massage your legs from the feet up. That should make them feel less heavy in the summer!

A patient comes in, all bent over

Because all day, he strived

devoted to his work,

to bend in front of his boss.

Now he comes for a massage.

After close and careful observation,

the therapist takes a bottle of Cypress,

to relax the poor man and massage him quietly.

There comes the man out of the room,

straight like justice.

The plant, its legends and its botany

Cypress is a cupressacea. The closest plants in aromatherapy are thujas and Junipers. Like them, it is a coniferous tree that keeps its leaves close.

As a coniferous tree, it has cones. Strange ones though... with many faces stuck together. They open up by shrivelling up. There is a little hump in the middle of each face, more like a bump than anything dangerous! And their smell...

It looks like a doorknob you would use to open it up in order to get hold of the seed... The seed by the way does not get out unless it is hot and desiccated enough. Only then will it fall down to the ground and take all its time to slowly grow.

Leaves grow close to the branch. This is what makes Cypress look so right, so straight, so dignified.

We, humans, can admire its perfectly-drawn shape. The Gods, however, can admire its courage and its verticality. Cypress points towards them, signing the name of the Earth in the skies.

And it does not get disturbed or disrupted. Even wind can't make it sway. You may well learn how to approach Cypress... No need to try and find a place in the shade at its feet. It is only offered to us, humans, via its essential oil. And it transports us far away, high up in the sky, where nothing can pressure us, where nobody can have a grip over us. It takes us up until we near Heaven.

Energetic properties

Increases self-control.

Helps you not to yield to temptation.

Excels in calming excesses of extroversion.

Encourages you to take more time to think before making a decision.

Brings force of character.

Stimulates listening, for people who tend to talk only.

Chakras

7th chakra

Doshas

Calms Vata all the while lifting it up.

Tempers Pitta.

Reinforces Kapha while refining it.

Elements

Earth, Ether

Standard chemotype

Monoterpenes (40-60% alpha-pinene, delta-3-carene 15-30%, 1-5% terpinolene, limonene 1-3%)

Sesquiterpenols (cedrol 0.4 to 7%)

Monoterpenols (terpinene-4-ol traces up to 2%)

Esters (ethyl alpha-terpinyl 1-2%, 0.1-2% bornyl acetate)

Monoterpenones: not significantly (traces of karahanaenone up to 0.25%)

Furanocoumarins: none

Batch chromatography

Batch, CYPB340n003 (PDF, 426 Ko, French)

Contraindications and limitations of use

Not recommended in case of mastitis.

Keep out of reach of children.



The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.
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