
TOP 10 USES FOR CYPRESS OIL

- 1. Exercise Support:** Prior to a long run, apply diluted Cypress to feet and legs for an energizing boost. It reduces the occasional muscle cramps, too.
- 2. Respiratory Support:** Mix Cypress and Lime together and inhale. You can also put this blend in a diffuser to open airways. This blend is invigorating.*
- 3. Persistent Respiratory Support:** Mix equal parts of Cypress with Myrrh and Wild Orange oil. Rub on chest, back, and bottom of the feet. Diffuse with a diffuser.*
- 4. Oily Skin and Hair:** Add 1-2 drops to toner to help improve the appearance of oily skin. Add 1-2 drops with your shampoo. This will help balance the oil in your hair so you don't have to wash every day.
- 5. Varicose Veins Support:** Mix 2:1 Cypress and Helichrysum together with Fractionated Coconut Oil and rub on veins morning and night. Cypress helps increase blood flow, bringing essential nutrients to all parts of the body and encourages angiogenesis.*
- 6. Hemorrhoid Relief:** You can use Cypress directly or dilute with Fractionated Coconut Oil. Use morning and night.*
- 7. Water Retention & Swelling:** Massage Cypress oil on the legs and ankles and elevate the legs for little while.*
- 8. Long Car-ride Bladder Support:** Rub Cypress on the lower abs before long car rides to extend the bladder and reduce potty trips.*
- 9. Seasonal Change Mental Clarity:** 3 drops Cypress, 5 drops Bergamot, 5 drops Peppermint, 2 drops Cinnamon, 1 tablespoon Fractionated Coconut Oil.*
- 10. Relieve Deep Inertia Spirit:** Mix 4 drop Cypress, 2 drop Ginger. Rub on the feet. Inhale and say: I am strong, flexible, trusting, and adapting in the universe.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.

