Support Your Circulatory Needs with Cypress Essential Oil

Cypress Therapeutic-Grade Essential Oil has long been used as an aid for the circulatory system. It is also wonderful support tool for the respiratory and digestive systems and is particularly helpful in the cold winter months.

In the winter, your body just feels cold and run down all the time. There's nothing you want more than to curl up in bed with a steaming cup of tea and forget that the outside world exists. But when you can't do that, at least you can inhale a little Therapeutic-Grade Essential Oil of Cypress to lift your spirits and make you feel like facing the world.

Cypress Oil has a wonderful winter woody smell that is refreshing, restorative and toning. It's a somewhat masculine, spicy smell that is very clean and fresh.

Cypress Oil is all about improving flow inside and out. It aids with regulation of the circulatory system, making your blood flow and making you feel warmer in the cold winter months. It seems to be helpful for varicose veins and hemorrhoids as well. It can aid the respiratory system by helping rid the body of coughs and bronchitis.

Perhaps more importantly, Therapeutic-Grade Essential Cypress Oil can assist your go with the flow a little better. It is a calming oil that can actually support you in reducing your feelings of anger and help ease you through the transitions and stresses of life. Who couldn't use that kind of help from time to time?

Cypress Oil is also thought to be helpful for skin problems and can be used to treat acne and sores on the skin. Some people are sensitive to cypress oil, so if you have sensitive skin be sure to dilute the therapeutic-grade essential oil with a quality vegetable oil before using it on your face, neck, or other sensitive areas.

An interesting use for Cypress Oil is eliminating excess fluid in the body, whether you're retaining water, having heavy periods, suffering from nosebleeds or even heavy perspiration. It is beneficial for arthritis pain, menstrual pain and clearing up the skin. One very useful way to use cypress oil is diluted on a cold compress to assist in stopping a nosebleed.

Add it to massage oil or lotion to ease discomfort or inhale it to improve your breathing and your outlook. This is a wonderful and versatile therapeutic-grade essential oil to have on hand for a multitude of purposes.

Always wash and rinse your hands thoroughly, before and after the use of therapeutic-grade essential oils, also avoid contact with your eyes.

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