

# CYPRESS MAGIC—

## Transforms Your Holidays with Nature's Calming Oil

Maria Low



The holidays have arrived and the scent of evergreen fills the air, evoking cozy gatherings and festive cheer. This year, skip the messy pine needles and embrace the cypress tree—a versatile, drought-tolerant evergreen that brings natural elegance to your decor and wellness routine. Known for thriving in extreme conditions, the cypress reaches up to 40 feet, offering a sustainable, aromatic alternative to traditional holiday greenery. But its true gift lies in its essential oil—a vibrant blue elixir that transforms your home into a sanctuary of calm and vitality.

### A TIMELESS TRADITION WITH A MODERN TWIST

The cypress tree has a storied past, steeped in spiritual significance. In Christianity, its sturdy wood was chosen for Noah's Ark to withstand the flood and for Solomon's Temple in Jerusalem, where its scent filled sacred spaces with a grounding, meditative aura. Today, cypress essential oil carries that legacy into your holiday rituals. Diffuse it during festive dinners to create a warm, inviting atmosphere, or add a drop to a cotton ball tucked into your cypress branch wreath for a subtle, natural fragrance that lasts all season.

### CRAFTING PURE CYPRESS OIL

Young Living's cypress oil, derived from *Cupressus sempervirens*, is crafted with care. Branches are steam-distilled in stainless steel vats, where precise temperatures release tiny oil sacs. The oil is then condensed and rigorously tested to meet Young Living's Seed to Seal standards, ensuring a pure, therapeutic-grade product. This process captures the essence of the cypress tree, ready to enhance your holiday wellness.



### A WELLNESS BOOST FOR THE HOLIDAYS

Cypress oil's rich, woody aroma and therapeutic properties make it a holiday must-have. Its viscosity allows it to absorb gently into the skin, supporting circulation—perfect for soothing tired feet after holiday shopping or helping loved ones with limited mobility stay comfortable. Known for reducing fluid retention, supporting respiratory health, and promoting liver function, cypress oil also boasts antifungal, anti-infectious, antispasmodic, and antioxidant qualities.

Emotionally, it's a stabilizing force, easing holiday stress or emotional overwhelm. Try massaging a few drops (diluted with a carrier oil) along your spine—from the base to the nape of your neck—before bed for a calming ritual that prepares you for restful sleep. It's also a gentle remedy for pesky coughs or minor chest discomfort, keeping you in the holiday spirit.

### ELEVATE YOUR HOLIDAY RITUALS

Cypress oil's unique frequency resonates with the body, promoting balance and wellness. Whether diffused, applied topically, or added to a warm bath, it harmonizes with your body's natural rhythms, making it a versatile addition to your holiday self-care routine. Here are a few festive ways to incorporate it:

- **Festive Diffuser Blend:** Combine 5 drops cypress, 3 drops peppermint, and 2 drops orange oil for a crisp, holiday-inspired aroma that uplifts any gathering.
- **Winter Massage Ritual:** Mix cypress with a carrier oil for a soothing foot massage after a day of decorating or hosting.
- **Eco-Friendly Decor:** Add cypress oil to homemade potpourri or sprinkle it on cypress branches for a sustainable, aromatic centerpiece.

## HOLIDAY WELLNESS *BLENDS*

### *Circulation Blend*

Perfect for staying energized during holiday hustle, this blend supports cardiovascular and circulatory health, eases stress, and may help with hemorrhoids.

#### **Recipe:**

- 24 drops Goldenrod
- 10 drops Cypress
- 8 drops Marjoram
- 4 drops Ylang Ylang

**How to Use:** Dilute with a carrier oil if sensitive. Apply over the heart, on the feet (focusing on the ring finger and toe for lung support), above the elbow, or along the spine, emphasizing the fourth thoracic vertebra for heart and lung benefits. Massage gently to feel refreshed and grounded.

### *Respiratory Blend*

Keep your respiratory system strong amidst winter chills with this invigorating blend, ideal for easing asthma or pneumonia symptoms.

#### **Recipe:**

- 30 drops Ravensara
- 25 drops Eucalyptus Radiata
- 20 drops Eucalyptus (Australian)
- 18 drops Ponderosa Pine
- 16 drops Myrtle
- 10 drops Cypress
- 5 drops Peppermint

**W**here once there were thorns and nettles, cypress trees will grow. This will bring great honor to the LORD's name—an everlasting sign of his power and love. [Isaiah 55:13]

**How to Use:** Dilute with a carrier oil if needed. Apply to the chest (front and back), throat, or upper soles of the feet for respiratory support. Breathe deeply to embrace the season's crisp air.

### **CYPRESS IN FESTIVE YOUNG LIVING BLENDS**

Cypress shines in Young Living's holiday-friendly blends, including:

- **Aroma Life:** For heart-centered calm during family gatherings.
- **Aroma Siez:** To relax muscles after decorating or travel.
- **Cel-Lite Massage:** For a rejuvenating post-holiday massage.
- **R.C. and Breath Again:** To keep your breathing clear during winter festivities.

### **A Gift That Keeps Giving**

Cypress oil is the perfect holiday gift for loved ones seeking wellness and tranquility. Pair it with a sleek diffuser for a thoughtful present, or create a DIY gift set with a custom blend and a handwritten note. Dr. Gary Young, Young Living's founder, once recommended cypress as a substitute for frankincense, highlighting its

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versatility. Set your diffuser on a timer to enjoy its lingering, woody scent without overuse, enhancing your home's ambiance for hours.

### **SUSTAINABLE HOLIDAY CHEER**

Cypress oil isn't just for humans—it's safe for pets and even farm animals when used properly, making it a versatile addition to any household. This holiday season, swap synthetic candles for cypress oil diffusion to reduce your environmental footprint while filling your home with nature's finest aroma. Whether you're hosting a festive party or unwinding by the fire, cypress oil brings the spirit of the season to life. ■

#### **References:**

- *Essential Oil Desk Reference*
- *Essential Oil Integrative Medical Guide*
- *The Chemistry of Essential Oils*

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