



HEALING ESSENTIALS AROMATHERAPY NEWSLETTER January 2013

Issue #5 Featuring Cypress and Juniper Berry Essential Oils

Happy New Year to all Aromatherapy Practitioners!

Now that the Holidays are past, it's time to relax and renew. As January is the month of making and hopefully keeping resolutions, it's the perfect time for treating the body to a cleansing program including hot baths and massage. In Ayurvedic medicine, as well as other alternative treatment modalities, cleansing is always recommended. In our family, my daughter and I try to make a practice of doing a personal cleansing each January. More on the cleansing process.

****Monthly Special: Personal Detoxification Consultation Offered Below**

In the last Healing Essentials Newsletter, the Evergreen Essential Oils were discussed. As mentioned, the six Evergreen oils actually belong to two different botanical families. Cedar, Fir, Pine, and Spruce belong to the family *Pineaceae* (the needle trees). Juniper and Cypress belong to the family *Cupressaceae* with opposing scale-like leaves, and are featured in this newsletter. Both Cypress and Juniper Berry essential oils are known to be effective in purification and in stimulating detoxification.

Cypress Essential Oil: Botanical Name: *Cupressus sempervirens*. **Method of Distillation:** Steam distilled. **Plant part:** Leaves, twigs, and cones.



Plant Description: Cypress is a tall evergreen tree growing to a height of 25-45 meters, bearing small flowers and round cones. Native to Southern Europe, it has spread to North Africa and North America. Cypress is an extremely old species of tree dating back to the Pliocene Era as much as five million years ago. It is exceptionally long lived and some are over two thousand years old. The beautiful trees are often used on either side of an entry way or to line a driveway such as in the photo.

History: First used in ancient Egypt for medicinal and ceremonial purposes. Also used by ancient Assyrians for its astringent properties. Hippocrates recommended Cypress for severe cases of bleeding hemorrhoids. The Greek physician Galen (165 AD) used it for stopping internal bleeding and diarrhea, its antibiotic action, and to treat urinary infections.

Description of essential oil: Color: pale yellow. **Consistency:** Viscous. **Note:** Middle. **Aroma:** warm floral top note, a camphoraceous middle note and sweet woody undertones. A classic "cedar chest" scent. **Strength of Aroma:** Strong. **Chemical composition:** Up to 80% sesquiterpenes, properties listed below.

Properties of Cypress Essential Oil: antidepressant, anti-rheumatic, antiseptic, antispasmodic, astringent, deodorant, diuretic, hepatic, styptic, sudorific, vaso-constrictive.

Uses: Cardiovascular: venous decongestant increases and balances blood flow, repairs and tones veins, promotes healthy circulation. **Dermatological:** astringent quality helps counteract oily skin, treats acne, aids in healing scars. Recipe: To relieve varicose veins: Combine Cypress, Clary Sage, Lemon and Geranium in an ointment base and apply topically. **Gastro-intestinal System:** antispasmodic properties relieve colitis. **Lymphatic System:** flushes and removes toxins. **Psychological:** promotes feelings of renewal, stabilizes mental state, and helps to process repressed feelings. Blend with Atlas Cedarwood, Rosemary, and Sandalwood. **Respiratory System:** effective as a cough remedy to treat acute and chronic bronchitis. Recipe: Add to diffuser or combine with bath salts, or massage after shower. **Reproductive System:** treats menstrual pain. Recipe: Blend a few drops of Cypress in a carrier oil and massage abdomen. **Energetics:** Helps to circulate Qi.

Cypress Blends well with: Cedarwood, Pine, Juniper, Clary Sage, Lavender, Bergamot, Lemon, cardamom, and Sandalwood. **Methods of administration:** Diffuse, inhale from tissues. Apply topically. **Safety:** Non-toxic, non-irritant, and non-sensitizing.

The splendor of the cypress, a fine slender tree rising like a flame towards the starry, endless sky represents the sacred flame of life, the unchangeable eternal Essence, and powerfully evokes the spiritual archetype of cypress: a tall, fine looking old man with the wisdom granted by a thousand years of intense spiritual life.
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I am particularly in love with the Cypress tree as there are ten, very tall, dignified trees lining the walkway on my neighbor's property. Each day that I walk by I feel their stately presence and there is a wonderful fragrance in the air. I am compelled to breathe deeply, and the effect of the fragrance is always uplifting.

Juniper Berry: Botanical Name: *Juniperus communis*.



Description: The plant is small bushy shrubs or tree, 3-35 feet in height with blue-green, stiff, needle like leaves. The berries are plucked once a year and dried and ground before distillation. The best quality essential oil comes from Hungary, Croatia, Italy, France and Austria. It is also, grown in high Himalayas. **Extraction Method:** Steam Distilled. **Plant Part:** Berries. **History:** Juniper has been used since ancient times for both physical and spiritual purification. It was commonly burnt as a fumigant and ritual incense by ancient Greeks to combat epidemics. Tibetans and Native Americans have long burnt Juniper for ceremonial rites. The name Juniper derives from the Latin "juniors," meaning young berries.

Juniper Essential Oil Description: **Color:** Colorless to pale yellow liquid. **Consistency:** Medium. **Note:** Middle. **Aroma:** Fresh, warm balsamic, woody-sweet pine needle odor. **Strength of Aroma:** Medium. **Note:** Middle. **Chemical composition:** a-pinene 33%, sabinene 27%, these monoterpenes have the following properties:

Properties: Antiseptic, anti-rheumatic, antispasmodic, astringent, antiviral, carminative, decongestant, depurative (blood purifying), detoxifying, rubefacient (warming), stimulant, stomachic, sudorific, tonic.

Common Uses: Detoxification: well known for diuretic and lymph decongestion, and blood purification. Clears toxins and reduces uric acid, thus good for rheumatic conditions. Credited as being a supportive, restoring, and tonic aid. **CNS:** warming for poor circulation, cold hands and feet, and low back pain. Ideal for driving out cold and damp. **Dermatological:** popular in acne treatments and for oily skin as well as dermatitis, weeping eczema, psoriasis and blocked pores. **Musculo-skeletal:** relieves rheumatic aches. Recipe: Dr. Schnaubelt recommends 1 drop in an 8 oz. glass of water to relieve pain. **Psychological:** Said to drive out negative influences. Calming and

useful for meditation. **Urinary system:** considered one of the best essential oils for treating cystitis, and kidney stones. Drink Juniper Berry tea combined with Rosemary. **Energetics:** warming and stimulating to yang energy.

Blends well with: Clary Sage, Sandalwood, Bergamot, Geranium, Marjoram, Rosemary, Chamomile and Eucalyptus.

Methods of Administration: Topical massage, compress, bath, and sitz bath. Inhalation: direct or in diffuser.

Cautions: Non-irritating and non-sensitizing. Avoid use during pregnancy.

A Note on various Juniper essential oils: In addition to Juniper Berry (*Juniperus communis*) discussed in this article, there are other Juniper essential oils. *Juniperus virginiana*, is commonly called Virginia Cedar, though obviously from the botanical name, it is not a Cedar but is from the Juniper family. Very confusing, once again stressing the need to check the botanical name.

The Process of Detoxification:

Having worked as an instructor and counselor at Hippocrates Health Institution in San Diego (currently Optimum Health) many years ago, I saw firsthand the extraordinary results of cleansing. To mention a few results: a fibroid tumor disappeared, Type 2 Diabetes disappeared, and Lymphoma went into remission. These results occurred in a matter of a month or two of abiding by the Hippocrates system of eating and drinking raw fruits and vegetables, daily imbibing wheatgrass juice, and practicing some form of meditation. And these are only a few cases. The body has a remarkable ability to right itself even after years of illness and abuse.

There are many institutes and on-line programs today that offer guidance in detoxification. It is not difficult to create one's own program using a few main principles. The process of detoxification should include:

1. A modified diet. Depending on the length of the process from a few days to a month, the diet may vary from fasting to 3 meals a day of cleansing foods.
2. A method of stimulating the body to cleanse using herbals and aromatherapy.
3. Some form of bowel cleansing using increased fiber.
4. A practice of breathing exercises.
5. Some form of spiritual focus such as contemplation or meditation.

****Monthly Specials: Personal Detoxification Consultation \$20.00**

Healing Essentials is offering a discount on a Personal Detoxification Consultation. As an RN, I have over 35 years' experience doing physical assessments and years of working in a detoxifying health institute. In the consultation I will do an assessment on the physical, emotional, mental, and spiritual levels and will create a personal program to guide you.

Lymphatic Tonic Essential Oil Blend \$5.00

The Lymphatic Tonic is a blend of the following essential oils: Basil, Bay Laurel, Bergamot, Roman Chamomile, Geranium, Juniper Berry, Lemongrass, Ravensara, Tea Tree in a carrier of: Coconut and Jojoba oils. It comes in a glass cobalt blue 5 ml. bottle. The essential oils are chosen for their cleansing, immune strengthening, and anti-viral properties. It is used to ward off colds and influenza as well as for purification. Though only 5 milliliters, it lasts a long time as only a few drops are necessary over the lymph glands or in a diffuser. Directions: To decongest the lymph system and stimulate circulation, turn off shower and apply to wet skin of whole body.

As always, I wish each and every one happiness and good health in the coming year.

Patricia Wing, RN, IAC Clinical Aromatherapist

References: Schnaubelt, K. PhD, [The Healing Intelligence of Essential Oils](#), page 133.

Battaglia, S., [The Complete Guide to Aromatherapy](#), page 191-193, 215-217.

Rose, Jeanne, [375 Essential oils and Hydrosols](#), page 74, 96, 187-192.