

## How to Harvest, Manufacture and Use Cypress, Clementine and Copaiba Essential Oils

Essential oils are a major part of aromatherapy. How these strong, pungent and lasting aromas are created is often a mystery to the consumer. What follows are details on three commonly used essential oils, where they are found, how they are extracted and what combinations of oils they can be used with.

### Cypress Needles

*Cupressus sempervirens*, common in France the needles can be cut off and steamed to receive the oils contained within. This evergreen oil is a well known astringent, especially beneficial on skin that is very oily. Respiratory and blood circulatory ailments have been purportedly treated effectively with this oil.

Arthritis pain sees this aroma often work its magic when in combination with other oils, as a blend. Muscle ache or cramps associated with the menstrual cycle have also been beneficially treated with cypress oil. May also work on hemorrhoids.

Adding a hint of cypress to the traditional oils of Jasmine and Rose used to treat grievances, providing a slightly less sweet and fresher note to the concoction is highly recommended. This is the perfect arrangement of scents for a man who has had a spot of grief, been sacked, split up with a spouse or even maybe having suffered a loss.

One last use for this scent could be as a study aid as it is believed to help with concentration.

This oil goes well when mixed with Clary Sage, Fennel, Rose, Juniper, Lavender, Lime, Lemon, Orange, Bergamot, Sandalwood, Pine and Pink Grapefruit.

### Clementine Petitgrain

Citrus Clementine, typically from France, the rind can be steamed so as to collect the scent.

Bitter orange Petitgrain is largely what this oil scent represents, but with a sweeter, softer far more noticeable citrus accent.

This scent is emotionally encouraging, when mixed with Vetiver it is a strong anti-anxiety concoction. Helping with aiding sleeping, it is often used well just before bed, aiding the relaxation of your mind. Has been reported as a great oil for relieving rapid heartbeats or insomnia, and also for creating blends of oils with a deodorant effect.

Clementine Petitgrain can be infused well with Bergamot, Geranium, Rosemary, Sandalwood, Rosewood, Lime, Lavender, Clary Sage, Ylang Ylang, Cedarwood, Orange, Neroli and Palma Rosa.

### Copaiba Balsam

*Copaifera officinalis*, common in Brazil, this oil can be easily extracted through steam distillation from resins.

Although with no real powerful tang of Cistus, this resin scent has a soft, sweet and warm atmosphere. Vanilla and honey notes make this oil a brilliant autumn scent, inviting and cozy. Uncommon with the majority of oil scents that have been extracted from resins, this oil is a heart note, not a base note, and doesn't last particularly long.

*Copaifera officinalis* has been used for pulmonary infections, inflammation or bronchial infections, it is generally very effective as part of most respiratory blends of oils. Lymphatic circulation is also known to be improved with this scent. Copaiba can be a relatively non-expensive extender to a lymph drainage blend consisting of Cistus essential oils.

Since this chemical is not well known it should not be used on grazed or cut skin. Used at normal diluted levels this essential oil is largely non-toxic/irritating.

Source: <http://www.articlecircle.com>

## About the Author

For any aromatherapy questions or concerns take a trip to <http://www.aromatherapyretreat.com> where you'll be able to learn a multitude of relevant and interesting aromatherapy facts and figures, alongside posting opinions and entering discussions and polls.