

Aromatherapy: Respiratory Congestion and Cough Remedy With Cypress Pure Essential Oil

An Immune stimulant Cypress is antiseptic and anti-infectious with mild anti microbial properties and is helpful for treating respiratory conditions like cough and bronchial congestion. Its powerful Spasmolytic and astringent properties make pure Cypress oil an ideal remedy for sinus congestion, whooping cough, or a hacking type cough. METHOD OF APPLICATION: For immediate bronchial and cough relief use Direct Inhalation of Cypress pure essential oil. DIRECT INHALATION is the method used most often in Germany and the one I primarily uses for best therapeutic results. FOR OPTIMAL RESULTS FOLLOW THESE DIRECTIONS - Dispense 1-4 drops of pure Cypress oil onto a cotton ball or tissue. Slowly introduce the oil into your system by inhaling the Cypress oil vapors for 30-60 seconds. Close your eyes and inhale. Breathe in slowly and pause briefly on your inhaled breath. Then slowly exhale, letting go of any tension. Allow yourself to relax for a moment into a feeling of well-being at the end of each exhalation. Repeat this slow, rhythmic breathing five more times. An aromatic mist of pure Cypress oil is also very effective for relieving coughing fits! AROMATIC COUGH MIST ~ This is a favorite way of mine for using aromatic oils. DIRECTIONS - Fill a 4 ounce colored glass atomizer/misting bottle with distilled water, add 60-120 drops of pure Cypress oil, alone or in a blend. If time permits allow the pure essential oils to synergize for 2-3 hours or longer before using. Shake well and spray the Cypress dilution around your head area with eyes closed. Be sure to inhale the pure Cypress oil vapors as you allow yourself to relax! Repeat as needed for cough relief. FOR A SOOTHING COUGH BLEND add 1 or 2 of the following pure essential oils to pure Cypress oil: Lavender, Lemon, Rosemary, Sandalwood and Vetiver. CAUTION: Please avoid Cypress oil during pregnancy due to its circulatory and hormonal effects. If you do want to use Cypress oil while you are pregnant please consult a qualified professional aromatherapist, as it can be especially beneficial in certain situations. PLEASE NOTE: There are many cheap, synthetic copies of aromatic oils, but these are not recommended for therapeutic use. For best results purchase the highest quality oils you can possibly find. Use certified organic essential oils, or oils that have been tested and are pesticide free. Aromatherapy is a gentle and noninvasive complementary health care system used for balancing and synchronizing your body, mind, spirit and emotions to enhance your health. Properly administered essential oils are a natural, safe and effective way to enhance your health and well-being and can produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.

About the Author

A natural remedy denotes a medicinal product in which the active ingredient or ingredients. Natural remedies may only be products which are suitable.

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