



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH LIANNE



A weekly newsletter all about learning more about your precious essential oils and accessories from Amazing Scents

Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

CYPRESS ESSENTIAL OIL

I've been drawn to Cypress oil of late, perhaps due to its ability to help us with transitions or perhaps another reason, but I thought it might be good to delve deeper into this wonderful oil for us all.

About Cypress

The Cypress tree has been used throughout many ancient civilisations. The oldest tree is over 7000 years old and stands in Iran. The wood was used to create coffins for Pharaohs due to the belief that the wood would not rot over time. Cypress has long been considered to symbolise transformation and change as it is believed the cross of Jesus was made from Cypress wood. Many consider it a masculine scent, hence why it can be found in men's aftershaves and cologne.

Cypress can be used for many conditions including respiratory support, immune support and help with acne-prone or oily skin and hair. This beautiful oil also offers balance hormonally and may offer hope in conjunction with Clary Sage for those with painful heavy periods or hot flushes. It is also the star of our very own Breathe Easy and Dry Cough Blend from the Amazing Scents book.

Its metaphysical properties are just as impressive. Jennifer Jefferies states that it helps us with periods of transition and change. But its not just an oil of ending, but also an oil for new beginnings. Robbi Zeck says that 'When you are consciously ready to move forward, Cypress supports and holds space for the soul to remain in balance.' Susanne Fischer-Rizzi says that 'When one experiences uncontrollable crying spells, the fragrance of

Cypress is soothing. It strengthens an overburdened nervous system and restores calm.'

Cypress blends well with Basil, Bergamot, Clary Sage, Lavender, Lemon, Orange and Sandalwood, but like most oils, you can blend with anything depending on the purpose of your blend.



Here are some suggestions of what Cypress may assist with:

- Add a drop or two to your favourite carrier oil and rub it into your legs in an upward motion to help reduce fluid retention.
- It may help with support post-exercise. Apply Cypress to your feet and legs to help reduce muscle cramps.
- Add Cypress and Juniper to a body brush to stimulate the lymphatics and clear toxins.
- Blend Cypress and Lime together and inhale for respiratory support. It can help open the airways
- Add a drop or two to your skincare products to help reduce oily skin. Add 1-2 drops to your shampoo to help balance the oil in your hair.
- Going on a long car trip? Rub Cypress on the lower abdomen area before long car rides to help reduce pit stops for loo breaks.
- It may also help reduce bed wetting occurrences - rub into the abdomen area before bedtime.

Do you love Cypress? How do you use it? Please share your favourite ways to use it on our social media platforms.

Inner Strength

DIFFUSER BLEND



CYPRESS



PALMAROSA



BERGAMOT



SANDALWOOD

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Open Day Reminder

If you live in Melbourne you may like to visit us at our upcoming Open Day on the 16th July? Follow the [link](#) for more details. We look forward to handing out hugs and lots of bargains this coming Saturday!

Follow Us on Social Media

Do you have a story to share about essential oils? Remember to share your stories, your wins, your gains, and your fails, in the Facebook group, The Secret Oil Garden, so that others can learn tips and tricks. Every time you post in the group is an entry into our monthly giveaway.

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.

Remember to follow us on [Facebook](#) and [Instagram](#), and like, comment and share our content with your friends, family and the local community. If you aren't already a member of our private group please head over and join in the fun in [The Secret Oil Garden](#) - there is so much information in here that's on tap all the time!

Please note that we will only email you 3 times a week. The newsletter on a Tuesday, the weekly specials on a Friday and the upcoming workshops on the weekend. The only other time would be a last-minute update on a class or something extremely important.



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