



## WILD WOOD OILS *of Australia*

### AUSTRALIAN BLUE CYPRESS OIL

*Callitris intratropica*

The Cypress Pine can grow for over 200 years making it a very long lived tree. The first recorded use of the Australian Blue Cypress by European settlers was in 1905 by Mr. Joe Cooper, who cut it for timber.

Several plantations were established in the 1960's as the woods anti-termite properties made it popular as a construction timber. However after Darwin - the Northern Territory's capital - was devastated by Cyclone Tracey in 1974, new building codes discouraged the construction of timber framed houses. In the late 1970's Federal budget cuts brought the plantation scheme to an end. In the mid 1990s some of the remaining plantations were utilized for the production of essential oil.

As an essential oil, one of the Blue cypress's most striking characteristics is surely its colouring. The oil is extracted via steam distillation over 48 hours from the bark and heart wood. Resulting in a greeny blue oil with a unique foresty aroma.

#### MAIN ACTIVES

guaiazulene: anti inflammatory  
eudesmols: anti bacterial / anti-viral  
sesquiterpenes: anti inflammatory



#### CHARACTERISTICS

Australian Blue Cypress essential oil is a pleasant, calming and grounding oil. It is good for tired joints and muscles or for relaxing when nervous or distressed. Very pleasant scent, well suited to both men and women.

#### USAGE

Cypress essential oil blends well with citrus oils like lemon, lime and wild orange. As well as other oils such as bergamot, clary sage, frankincense, juniper berry, lavender, marjoram, rosemary and sandalwood essential oils for diffusion.

#### TRADITIONAL HISTORY

For thousands of years the Australian Aboriginals have been using plants that are rich in the essential oils as traditional bush medicine. It was common practice to make a healing poultice by crushing the plant material with stone implements. Also extracting the oily liquid in hot water, to wash over the body. The bark would be thrown into the fire which acted as an insect repellent to fend off mosquitoes and other Aussie biting insects.