

Coaching from the Mat with The Spa Lady



Yoga, Essential Oils, Natural Products & More
"Pamper" Your Life with The Spa Lady
Aromatherapy, Spa Products & Wisdom Circles

Extreme Self Care Topic: Cypress "the oil of motion and flow" **Essential Oil**

Bliss-a-plines" (That's disciplines that bring you bliss)

Possible Physical Benefits:

- May assist with clear breathing
- Promotes healthy respiratory function
- Soothes tense, tight muscles
- Supports localized blood flow
- Beneficial for oily skin conditions

Possible Emotional Benefits:

- Creates an energetic flow to let go of emotions. And helps move stagnant energies in the body.
- Cypress helps us move with the flow of life or if you feel stuck, stiff, rigid, tense or over striving.
- Helpful to balance perfectionistic tendencies.
- Encourages individuals to cast aside their worries and let go of control.
- Cypress shows how to have perfect trust in the flow of life and can create a feeling of security, grounding.
- May ease the feeling of "loss".

Historical Uses: Used anciently for its benefits on the Urinary System. Antiseptic/ Antibacterial/ Antimicrobial, etc. The Chinese valued cypress for its benefits to the liver & respiratory system. Has Lymphatic benefits. **Price \$21**

Facilitated By:

Roberta Fortune, The Spa Lady (Serial Entrepreneur since 1990)

Essential Oil site: <http://www.mydoterra.com/spalady/>

Spa Products: <http://www.beautipage.com/robertafortune>

Juice Plus Info: <http://thespalady.juiceplus.com> or <https://thespalady.towergarden.com>

ESCAPE...RELAX and have FUN!!

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