

## Ancient Oils of Scripture

*"They will bear fruit every month because their water flows from the sanctuary, and their fruit will be for food and their leaves for healing." Ezekiel 47:12*

### Cypress

Hebrew: *Tirzah* Greek: *kyparissos*

*"And God said to Noah, "The end of all flesh has come before Me, for the earth is filled with violence through them; and behold, I will destroy them with the earth. Make yourself an ark of gopherwood; make <sup>a</sup>rooms in the ark, and cover it inside and outside with pitch." Genesis 6:13-14*

Scholars suspect that the gopher wood Noah used to build the ark was probably cypress. Cypress is durable because the oil in its wood resists decay when exposed to moisture. In the ancient world, cypress symbolized "life." In fact, the name of the species, *sempervirens*, means "everlasting" or "always green."

Cypress oil is high in monoterpenes. Do some research on this, especially as it relates to cellular memory.

Notes:

### Myrrh

Hebrew: *mor* Greek: *muron/smurna/smurnizo*

*"And they fell down and worshiped Him; and opening their treasures they presented to Him gifts of gold, frankincense, and Myrrh." Matthew 2:11*

From the "Holy Anointing Oil" to the gifts given to the Christ child, Myrrh is mentioned more than any other aromatic plant in the Bible (143 times).

Myrrh oil comes from the steam distillation of the red-brown resin of trees in the genus *Commiphora* and was commonly used in the embalming process during ancient times.

- Use in skin care products to experience its rich fragrance and moisturizing properties.
- Include a few drops in a steamy bath to enjoy its relaxing aroma.
- Diffuse for relaxation, prayer, and as an anointing oil.

Notes:

## Hyssop

Hebrew: *eboz* Greek: *hussopos*

*"Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow."* Psalm 51:7

In Hebrews 9:19, hyssop is mentioned as part of the cleansing ceremony. Hyssop may have been associated with purification and cleansing in a symbolic spiritual sense because of its temporal purifying and cleansing attributes.

- Dilute 1 drop with 1 drop of carrier oil. Massage into skin as needed
- Anointing oil

Notes:

## Onycha (Benzoin)

Hebrew: *shechelt*

*"You shall make incense...pure and holy."* Exodus 30:35

Onycha is specifically mentioned only once in Scripture, as an ingredient required by the Lord in the holy incense. It is an absolute extraction (tincture) from the resin of the balsam or benzoin tree in the Far East.

Benzoin tincture was used for over 200 years in hospitals prior to World War II.

- Diffuse for relaxation
- Apply 2–4 drops directly to desired area. Dilution not required, except for the most sensitive skin. Use as needed
- Perfuming

Notes:

## Cassia

Hebrew: *qiddah/qetsioth* Greek: *kasia*

*"Also take for yourself quality spices—five hundred shekels of liquid myrrh, half as much sweet-smelling cinnamon...sweet-smelling cane...cassia...and you shall make from these a holy anointing oil..."* Exodus 23-25

Cassia was one of the primary ingredients in the holy anointing oil. The scent of cassia is very similar to cinnamon, except that it's a bit softer and sweeter. It was known as "oriental cinnamon" in the ancient world.

In Isaiah 1:6, the Hebrew word for ointment implies a combination of olive oil with either cinnamon or cassia. And, like aloe, Cassia is referenced as having an uplifting and positive emotional effect.

- Relaxation/prayer
- Anointing oil (dilute with olive oil)

Notes:

## Cedarwood

Hebrew: *erez* Greek: *kedros*

*"As for the house which King Solomon built for the Lord... he built the walls of the house on the inside with boards of cedar...and he built twenty cubits on the rear part of the house with boards of cedar from the floor to the ceiling ...even as the most holy place...and there was cedar on the house within...He also overlaid the altar with cedar."* 1 Kings 6:2,15,16,18,20

King Solomon, gifted by God with wisdom, adorned the entire Temple (covering all stone), with cedarwood, including the most holy place and the altar. Imagine the aroma of that House! In Hosea 14:5-7, the mighty cedars of Lebanon are used as a representation of the strength and beauty (fragrance) of Israel when the Lord restores and redeems it.

Cedarwood essential oil is steam distilled from the bark of cedarwood trees and is high in sesquiterpenes. Through the sense of smell, this gives cedarwood the power to stimulate the limbic region of the brain, the center of emotions, producing an uplifting, calming (and focused) effect.

- Diffuse for relaxation, prayer, and sleep, as well as study (unhindered concentration).
- Make a DIY outdoor spray - blend with Citronella, Rosemary, Tea Tree, Myrtle, Clove, or Lemongrass
- Use for an at-home scalp massage
- Add to your favorite skin care products to help cleanse and moisturize the skin

Notes:

## Rose of Sharon (Cistus)

Hebrew: *chabatstsele*

*"I am the Rose of Sharon, the lily of the valleys." Song of Solomon 2:1*

This beautiful rock rose has a soft, desert, honey-like scent and flourished on the Plain of Sharon. Centuries ago, sheep/goat herders accidentally discovered the amazing properties of this powerful oil. The gum that exuded from this shrub (containing the essential oil) would apparently get caught in the hides of these animals as they grazed and, when the men would rub their hands through the animal's wool, the therapeutic benefits were passed on. In fact, this precious oil/gum used to be collected directly from the hair of goats!

Today, we bypass the services of goats, and Rose of Sharon is steam distilled directly from the branches of the Cistus plant.

- Very beneficial for the skin
- Relaxing and helpful for prayer and study (try putting a drop on a page in your Bible!)
- Excellent for perfuming

Notes:

## Myrtle

Hebrew: *hadas*

*"Instead of the thorn shall come up the cypress tree, and instead of the brier shall come up the myrtle tree; and it shall be to the Lord for a name, or an everlasting sign that shall not be cut off." Isaiah 55:13*

In Isaiah, the myrtle is chosen as a memorial, an everlasting sign of an everlasting covenant. The myrtle is said to represent God's blessing in Scripture. The Jews of ancient Israel would welcome the Sabbath by filling their homes with the fresh desert-rain fragrance of two bouquets of myrtle.

- Soothing to the respiratory system
- Diffuse for emotional relaxation and rest
- Add to skin, hair, and beauty products

Notes:

## Frankincense

Hebrew: *lebonah* Greek: *olibanum*

*"Take sweet spices, stacte and onycha and galbanum, and pure frankincense with these sweet spices; there shall be equal amounts of each. You shall make of these an incense, a compound according to the art of the perfumer, salted, pure, and holy."* Exodus 30:34-35

Known as "the oil of kings," in the ancient world, it was more valuable than gold! The Bible makes 52 references to Frankincense, including references to "incense," which is translated from the Hebrew and Greek as frankincense. The English word, Frankincense, is derived from the medieval French word for "real incense."

It takes approximately 100 years for a frankincense tree to mature to the point where the white resin can produce the highest quality essential oil. Did you know that our Sacred Frankincense resin is simply hardened sap from the *Boswellia sacra* tree? After the hardened resin is harvested, it's distilled through steam distillation!

- Diffuse or apply 2-4 drops directly to desired area. Dilution not required.
- Use for anointing oil
- Research this oil and you will fill pages trying to list all of its uses!

Notes:

## Aloes/Sandalwood

Hebrew: *ahalim/ahaloth* Greek: *aloe*

*"All Your garments are scented with myrrh and aloes and cassia, out of the ivory palaces, by which they have made You glad."* Psalm 45:8

The Hebrew word "aloe" (ahalim and aholoth) is associated with joy, gladness, and rejoicing. It's also referenced as an aphrodisiac. Scientifically, sandalwood oil has been found to contain components that produce an uplifting and positive emotional effect.

Today, aloe (or sandalwood) is steam distilled from the sandalwood tree, and supports healthy cardiovascular, endocrine, and female reproductive systems.

- Skin, beauty, bath
- Perfuming, aphrodisiac, relaxation, focus
- Diffuse during prayer

Notes: