

# Juniper Berry

*Juniperus communis* 5 mL

dōTERRA® | CANADA

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Fruit

**Extraction Method:** Steam distillation

**Aromatic Description:** Balsamic, clean,  
woody, spicy

**Main Chemical Composition:**  $\alpha$ -pinene, sabinene

**Juniper Berry** | *Juniperus communis* 5 mL  
**49291813**

## Description

Derived from the coniferous tree, Juniper Berry essential oil has a rich history of traditional uses and benefits. Juniper Berry acts as a cleansing agent, and acts as a skin toner. Its woody, spicy, yet fresh aroma has a calming, grounding effect. When diffused, Juniper Berry helps freshen the air.

## Uses

### Cosmetic

- + Use topically after facial cleanser as a skin toner.
- + Apply one drop to the skin to promote a bright complexion.
- + Combine with Fractionated Coconut Oil and apply after daily workout.
- + Use in an oral rinse to help keep gums, teeth, and mouth smelling clean.

### Food

- + Add one to two drops to your next green or fruit smoothie.

### Household

- + Diffuse before bed for a natural calming and grounding fragrance.
- + Diffuse with citrus oils to freshen the air.
- + Apply to warm rag and wipe door knobs for an added cleansing benefit.

## Directions

**Aromatic use:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 120 mL of liquid.

**Topical use:** When used topically, dilute with carrier oil as needed for skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.