

# Juniper Berry

*Juniperus communis* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A | T | N

**Plant Part:** Berry

**Extraction Method:** Steam distillation

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

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

## PRODUCT DESCRIPTION

Derived from the coniferous tree, Juniper Berry essential oil has a rich history of traditional uses and benefits. Juniper Berry may soothe the skin. Its woody, spicy, yet fresh aroma has a calming, grounding effect. When diffused, Juniper Berry helps cleanse the air while creating a grounding environment.

## USES

- Apply one drop to benefit the skin.
- Diffuse with citrus oils to freshen the air.

## DIRECTIONS FOR USE

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional cautions below.

## 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.

## PRIMARY BENEFITS

- May be soothing to the skin
- May promote a calm atmosphere

