

# Juniper Berry

*Juniperus communis* 5 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



**CP** **TG** Certified Pure Tested Grade®

**Application:** **A** **T** **I** **N**

**Plant Part:** Fruit

**Extraction Method:** Steam distillation

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

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

## Juniper Berry

*Juniperus communis* 5 mL

Part Number: 49291813

Wholesale: \$24.25 CAD

Retail: \$32.33 CAD

PV: 20

## PRODUCT 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 FOR USE

**Diffusion:** 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.

