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.