

Juniper Berry

Juniperus communis 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T I N

Plant Part: Berry

Extraction Method: Steam distillation

Aromatic Description: Balsamic, clean, woody, spicy

Main Chemical Components: -pinene, sabinene

PRIMARY BENEFITS

- Acts as a natural skin toner
- Acts as a natural cleansing agent
- Has a calming, grounding effect

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 natural cleansing agent. It acts as a natural skin toner and helps clear skin blemishes. Its woody, spicy, yet fresh aroma has a calming, grounding effect. When diffused, Juniper Berry helps cleanse and purify the air.

USES

- Add one to two drops to water or citrus drinks.
- Apply one drop to promote a clear, healthy complexion.
- Diffuse with citrus oils to freshen and purify the air and lessen stress.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

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.

