

# Juniper Berry

*Juniperus communis* 5 ml

dōTERRA® | INDIA

Product Information Page



**Application:** A T N

**Plant Part:** Berry

**Extraction Method:** Steam distillation

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

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

**Juniper Berry** | *Juniperus communis* 5 ml

**SKU:** 60222432

## Primary Benefits

- + May have cleansing properties
- + Provides a calm, grounded aroma

## Description

Woody, fresh, and crisp, CPTG® Juniper Berry essential oil has a calming and grounding aroma. Use of the berries of the juniper, a coniferous tree, can be traced to the Old Testament and have been used in cleansing and purifying rituals during meditation by indigenous cultures for centuries. The oil is invigorating, whether added to a diffuser to freshen the air, used in a massage oil blend to revitalize tired muscles, included in personal care cleansers to revive and refresh, or added to home products for an extra boost.

## Uses

- + Add to Fractionated Coconut Oil for an energizing massage.
- + Apply one drop to skin cleanser or moisturizer to promote a clear, healthy-looking complexion.
- + Diffuse to freshen the air.

## Directions

**Aromatic use:** 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.