Juniper Berry

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**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. Juniper Berry is high in α-pinene and because of this, according to preclinical studies, may have antioxidant properties when used internally.* 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.

**Internal use:** Dilute one drop in 4 fluid ounces 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.