

Juniper Berry

Juniperus communis 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Berry

Extraction Method: Steam distillation

Aromatic Description: Balsamic, fresh, woody, spicy

Main Chemical Components: α -pinene, sabinene

Juniper Berry | *Juniperus communis* 5 mL

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Primary Benefits

- + May have antioxidant properties when consumed, according to preclinical studies*
- + May have cleansing properties
- + May support a healthy metabolism, according to preclinical research*
- + 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. 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.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin

*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.