

Juniper Essential Oil



Product Details

Botanical Name: *Juniperus communis*

Country of Origin: Russia

Extraction Process: Steam Distilled

Part of the Plant Used: Berry (Twig)



Description: Juniper Essential Oil has a crisp, woody aroma. Juniper Essential Oil comes from the berries of the coniferous Juniper tree. This tree has been used since ancient times by Native Americans. They would pick the berries and the needles and burn them, in hope that it would cleanse the air and purify their souls. Juniper Essential Oil is still diffused today by many people for the same cleansing and purifying properties, and to create an atmosphere of peace and comfort.

Common Uses & Benefits: Juniper has been traditionally used to help fluid retention, cystitis, UTI, abdominal bloating, menstrual cramps, heavy legs, detoxing, cellulite, gout, rheumatism, arthritis, acne, ulceration, eczema, mental exhaustion, chronic fatigue, anxiety, and tension.

Therapeutic Properties: Analgesic, Anti-inflammatory, Anthelmintic, Antiseptic, Carminative, Depurative, Diuretic, Emmenagogue, Nervine, Spasmolytic, Tonic.

Directions: Recommended to properly blend in a carrier oil prior to topical applications. Patch test before use in case of sensitivity.

Blends Well With:

Blood Orange, Black Pepper, Coriander, Cypress, Chamomile Roman, Grapefruit.

Cautions: Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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