

Juniper Berry

juniperus communis 10ml

Juniper Berry is an exceptional strengthening and purifying tonic. Of particular aid in ridding the body of toxins, it is of value to a wide variety of issues. It is tonifying to the liver and kidneys and can enhance kidney function; of benefit with kidney stones and UTIs/cystitis.*

Juniper berry promotes elimination of uric acid, helping to ease pain from gout and arthritic or rheumatic conditions. It is a powerful purifier helping with hemorrhoids, menstrual issues, cellulite, lymphatic drainage, and fluid retention.*

As a circulatory stimulant and blood purifier, it is supportive in cases of skin and blood disorders; of great benefit with eczema, psoriasis, acne, oily skin, dandruff, and reduction of inflammation.*

Juniper Berry eases respiratory and digestive issues, including indigestion, flatulence, colic, cough, and pulmonary infections.*

uses

aromatic

- **Inhalation:** Apply 2 drops on hands, rub, and inhale deeply as needed.*
- **Misting:** Mix 15 to 20 drops with 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake vigorously and spray to bring the aroma of the fresh outdoors into your home.*

bath

- **Bath:** Combine 5 to 6 drops with ½ to 1 cup Pink Himalayan or Dead Sea Salts and stir into a warm bath.*

internal

- **Capsules:** Mix 1 to 2 drops in a veggie capsule, fill with carrier oil, and take 2 to 3 capsules per day for bladder infections and kidney problems.*
- **Tea:** To rid the body of toxins, and provide relief from cellulite and edema, add 1 to 2 drops Juniper Berry to 1 tablespoon of honey, added to a cup of hot water, for a healing and soothing tea.*

topical

- **Massage:** Mix 12 drops Juniper Berry oil with 12 drops of carrier oil and massage over areas affected by edema/ water retention. Using the blend as a foot rub will also have benefits for the entire body.*
- **Massage:** Mix 50/50 with carrier oil and apply to lower back over kidneys to relieve kidney inflammation or bladder infection.
- **Massage:** For an anti-cellulite blend, mix 10 drops Fennel, 5 drops Juniper Berry and 5 drops Cypress in 1 ounce of carrier oil. Apply as desired to affected area daily.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Internal • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

properties

Wildcrafted

Producing Organ: Berries

Extraction: Steam Distillation

Country of Origin: Bulgaria

Main Chemical Constituents:

Monoterpenes, pinene, myrcene

Therapeutic Properties: *Antirheumatic, antiseptic, antispasmodic, antitoxic, aphrodisiac, astringent, carminative, cicatrizant, depurative, diuretic, emmenagogue, nervine, parasiticide, rubefacient, sedative, stomachic, sudorific, tonic, vulnerary*

responsible cautions

- Do not use during pregnancy.
- Not for use by those with kidney disease.
- Do not diffuse.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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