

JUNIPER BERRY

Juniperus communis



Essential Singles

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 enhances kidney function; of benefit with kidney stones and UTIs/cystitis.

**PURIFIER,
STIMULATOR**

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.

Available in: 10ml Bottle

daily uses

BATH

- Combine 5-6 drops with 1/2 to 1 cup Pink Himalayan or Dead Sea Salts and stir into a warm bath.

INHALATION

- Apply 2 drops on hands, rub, and inhale deeply as needed.

INTERNAL

- Juniper Berry is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration.
- Mix 10 drops Juniper Berry and Carrier Oil in a veggie capsule and take 2-3 capsules per day for bladder infections and kidney problems.
- To rid the body of toxins, and provide relief from cellulite and edema, add 1-2 drops Juniper Berry to 1 tbsp of honey, added to a cup of hot water, for a healing and soothing tea.

MASSAGE

- Mix 12 drops Juniper Berry oil with 12 drops Carrier Oil and massage over areas affected by edema/ water retention.
- Using the blend above as a foot rub will also have benefits for the entire body.

MISTING SPRAY

- Mix 15-20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake vigorously and spray to bring the aroma of the fresh outdoors into your home.

TOPICAL

- Mix 50/50 with Carrier Oil and apply to lower back over kidneys to relieve kidney inflammation or bladder infection.
- For an anti-cellulite blend, mix 10 drops Fennel, 5 drops Juniper Berry and 5 drops Cypress in 1 oz. Carrier Oil. Apply as desired to affected area daily.

RESPONSIBLE CAUTIONS

Avoid use during pregnancy. Not for use by individuals with kidney disease. Do not diffuse.

attributes

PRODUCING ORGAN
Berry

EXTRACTION
Steam distillation

COUNTRY OF ORIGIN
Bulgaria

PROPERTIES
Antirheumatic, antiseptic, antispasmodic, antitoxic, aphrodisiac, astringent, carminative, cicatrisant, depurative, diaphoretic.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

