

QUICK REFERENCE SHEET

JUNIPER BERRY

Juniperus communis



Plant Family:
Coniferae



Extraction Method:
Steam Distilled



Part Utilized:
Fruit



**Region of
Origin:**
India

AFFINITY FOR:

digestive system, endocrine system, reproductive system, hormones, urinary tract, brow chakra, kidney meridian, yang energy

THERAPEUTIC PROPERTIES:

antiseptic, diuretic, expectorant, emmenagogue, antiparasitic, tonic, depurative

AROMATIC CONSIDERATIONS:

Juniper Berry is said to improve mental clarity and memory without undue stimulation to the nervous system. In fact, Juniper Berry essential oil is quite relaxing.

APPLICATION:

Juniper Berry oil should be diluted and applied to the feet, on the abdomen, or on the small of the back (over the kidneys).

! CAUTIONS:

Use of Juniper Berry essential oil should be avoided during pregnancy. It should be used with caution on children. This oil is contraindicated for people with kidney disease. This is a great oil to balance and strengthen kidney function and deal with kidney infections, but it is not to be used by people with kidney diseases.

INGREDIENT IN:

LeDreams, LeEnergy, LeEverlasting, LeInsideOut, LeMagi, LeReflections, LeRefreshMint, LeSynopsis, LeTendaCare, LeWhispering Hope

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Juniper Berry essential oil is suited for people who fear growing up or growing older. The use of Juniper Berry essential oil is about maturing into wisdom; not just ordinary wisdom but wisdom with compassion. It is about cultivating an understanding of the continuity of life, coupled with a sense of humor. Juniper gives us a feeling of gratitude for the privilege to have learned from the experiences and lessons of life. Juniper Berry helps to elevate spiritual awareness and reverence for sacred things. It can open the soul to direction by inspiration and religious principle.

PHYSICAL ASPECTS:

Juniper Berry improves circulation, particularly to the kidneys. It helps the body move fluids and toxins out of the cells and tissues. It is a useful remedy for fluid retention, cellulite, premenstrual bloating, gout, and arthritis.

It is said that Juniper Berry oil helps with nerve function and regeneration. Juniper Berry can be a useful oil for the digestive system. It has a beneficial effect on the emotional and physical aspects of over-indulgence in food. Juniper essential oil is effective for acne, eczema, oily skin, psoriasis, and dandruff.