

## **Juniper**

*Juniperus communis*

A stimulating *detoxifier*

**Source:** Steam distillation of the berries

**Extraction:** Cold expression of fruit peel.

**Blending Factor:** 4

**Odour Note:** Middle

### **Characteristics:**

Juniper is watery white or pale oil with a sweet clean, refreshing & slightly woody fragrance.

### **Safety Precautions:**

Non-sensitizing, may be slightly irritating, non-toxic. Avoid use during pregnancy or if suffering kidney disease.

### **History:**

In ancient Egypt it was used in the mummification process. The berries were left in the burial chambers for the afterlife. It was used medicinally for urinary infections, for respiratory problems as well as gastro-intestinal infections and worms. Around the time of the First World War, French Hospitals used juniper in the sick wards as incense to combat diseases such as smallpox. Juniper berries are used in making gin. This is currently in the British Herbal Pharmacopoeia for rheumatic pain and cystitis.

### **Therapeutic Actions:**

Anti-rheumatic, antiseptic, antispasmodic, anti-toxic, aphrodisiac, astringent, carminative, cicatrisant, depurative, diuretic, emmenagogue, nervine, parasiticide, rubefacient, sedative, stomachic, sudorific, tonic, vulnerary.

### **Enhances:**

Protection, reviving, restoring, clearing, vision, sacredness, aphrodisiac, blood purifier, nerve tonic.

### **Reduces:**

Nervous and mental fatigue, agitation, confusion, grief, mood swings, poor concentration.

### **Uses:**

**Nervous system:** Anxiety, nervous exhaustion, stress-related conditions

**Lymphatic system:** fluid retention, gout, high blood pressure

**Skin Care:** Acne, dermatitis, eczema, oily complexions, as a skin cleanser

**Muscular/skeletal:** Arthritis, muscular pain, rheumatism

**Immune system:** Colds, flu,

**Genito-urinary System:** Cystitis, painful periods, scanty periods.

**Methods for use:**

**Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

**Bath**

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

**Vaporiser**

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

**Footbaths**

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

**Blends well with:**

Citrus Oils, Cedarwood, Clary Sage, Cypress, Fennel, Frankincense, Geranium, Lavender, Lemongrass, Rosemary, Sandalwood, Vetiver.

<b>Skin Cleansing Blend or compress</b>		<b>Releasing Worry – Tension Bath</b>		<b>Refreshing Footbath</b>	
Juniper	4	Juniper	2	Juniper	2
Rosemary	2	Bergamot	4	Tea Tree	1
Chamomile	1	Frankincense	2	Grapefruit	1
Total drops	7	Total drops	8	Total drops	4
In Carrier Oil	14 ml	Or Dispersant	5 ml	Bowl of hot water	
Or compress		Or Vaporiser			