

Juniper Berry Organic Essential Oil (10ml)

 lilyandloafinternational.com/products/juniper-berry-10ml

Lily and Loaf

Juniperus communis

£ 19.81 GBP

7115

- Diffuse to freshen the atmosphere, and to relieve tension and negativity
- Massage after blending to stimulate circulation, relax muscles and tone skin
- Apply diluted to soothe troubled skin. Add to bath water to relax aching muscles and joints
- Blends well with Bergamot, Grapefruit, Cedarwood, Pine, Geranium, Clary Sage
- Full 90-day money-back guarantee

A woody, sweet, aroma with rich, underlying fruity berry notes. Purifying, stimulating, cleansing and strengthening, exuding energising properties to dispel negativity.

Juniper essential oil is obtained by steam distillation of the berries and branches and has a rich, fresh coniferous aroma with a fruity, balsamic tone. In ancient Egypt and Tibet, juniper was highly prized as a medicine and used in religious incense, to dispel and protect from negativity.

In aromatherapy, juniper is the oil of choice for cellulite, for stimulating circulation, and the cleansing action of juniper oil can also be effective in massage and bath soaks for aching or stiff muscles and joints. Purifying, detoxifying action for the urinary system, and acts as a tonic for troubled skin with antiseptic and astringent properties. Cleansing and strengthening to alleviate negative emotions and guilt.

Aromatic Description: Woody, sweet

Plant Part: Branch & Berries

Source: Bulgaria

Extraction method: Steam distillation

How to use essential oils

Massage – Both body and facial massage can benefit from the intoxicating aroma of essential oils. Always ensure that you add the essential oil to a carrier oil first, and never apply directly to your skin. A carrier oil, also known as base oil, is used to dilute essential oils before they applied to the skin.

Bathing – There is no better way to unwind than in an essential oil bath, calming oils like Lavender and Clary Sage are especially relaxing. Add 5-10 drops in a bath and disperse vigorously before entering the bath.

Steam inhalation – This is a really good way of helping to relieve blocked sinuses or congestion. Eucalyptus is one of the most popular oils for this. Fill a large bowl with hot (not boiling water), add 3-4 drops of your chosen oil then lean over the bowl placing a towel over your head and slowly breathe in the until you start to feel relief.

Diffusers – There are many diffusers available, one of the most popular being an ultrasonic diffuser which uses water to create a fine mist. These are a great way of enjoying oils throughout the day in your home or office space. Citrus oils are particularly uplifting. Ideally leave your diffuser on for up to an hour at a time, leaving it off for a similar amount of time.

Cautions

Possible skin sensitivity - may cause skin sensitising or irritation. Not suitable for use during pregnancy, or by those with kidney disease. External use only. Do not use undiluted on the skin. Avoid contact with eyes, ears, mucous membranes, and sensitive areas. If you are pregnant, nursing, or using prescription medication, consult your Doctor or qualified health care practitioner before using essential oils. Not recommended for use on children under 12 years. Store in a cool dry place, out of reach and sight of children. Do not ingest essential oils. Never use undiluted.

Why should I buy from Lily & Loaf?

Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensures that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course our 90-day money back guarantee!

90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

Simple & Fast Worldwide Delivery

We offer a fast delivery service across the UK and indeed throughout the world. So, no matter where you live, buying from Lily & Loaf is a simple and risk free process. Start your journey today with Lily & Loaf. We know that when you try our products, you'll become a Lily & Loaf lover too.

Ingredients

Juniperus communis

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Recommended Use

- Massage or topical use - Add 3-5 drops per 10ml of carrier oil

- Diffuser - Add 4-5 drops to cold water
- Inhalation - Add 2-3 drops to hot water
- Bathing - Add 5-10 drops to water or carrier oil, stir into bathwater

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