



Juniper Essential Oil

*by
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Juniper Essential Oil

Juniper has a clean herbaceous scent, it's good for hangovers, cleansing the system and for treating cellulite.

About Juniper

Juniper essential oil has diuretic, antiseptic, analgesic and antispasmodic properties and can be used as an effective insecticide and stimulant. These properties make it especially good for cleansing the systems, fluid retention and hangovers.

Juniper is good for people suffering from liver or kidney problems or in need of detoxifying and cleansing their systems, it can help relieve hangover symptoms. Due to its diuretic properties it is also effective in relieving the symptoms associated with urinary tract infections.

Juniper is also effective in soothing and relieving menstrual cramps and painful menstruation. It is also effective in relieving skin conditions such as acne, eczema, psoriasis, ulcers and cellulite.

Its analgesic properties also make it effective in relieving pain and stiffness associated with rheumatism and arthritis.



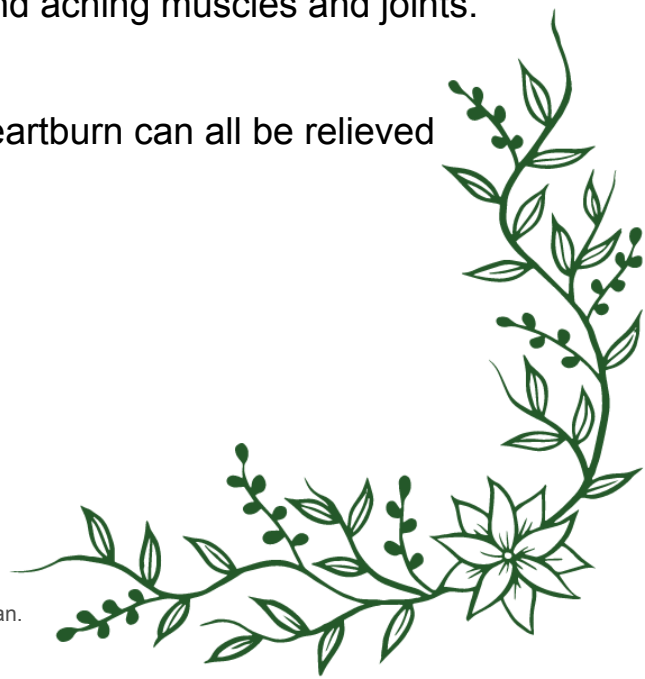
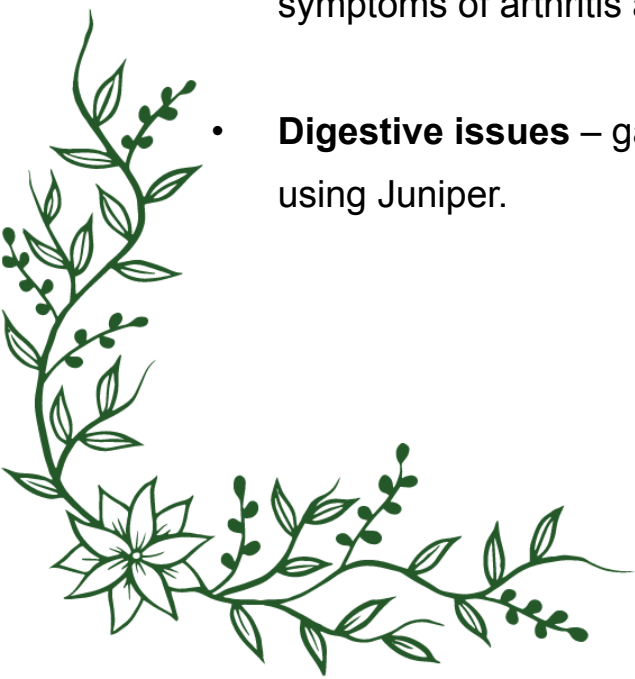
Healing Properties Of Juniper Essential Oil

Juniper essential oil has the following healing properties:

Properties

Diuretic, antiseptic, analgesic, antispasmodic, insecticide and stimulant.

- **Menstrual pain** – relieves painful menstruation and cramping.
- **Skin conditions** – can be used to soothe skin conditions such as acne, eczema, psoriasis.
- **Urinary tract infections** – can relieve and soothe symptoms of urinary tract infections such as cystitis.
- **Detoxification** – due to its diuretic properties Juniper can be used to aid detoxification and cleansing the system and is particularly beneficial to the liver and kidneys.
- **Insecticide** – can be used as an insect repellent.
- **Muscle and joint pain** – a powerful analgesic Juniper can relieve the symptoms of arthritis and rheumatism and aching muscles and joints.
- **Digestive issues** – gas, bloating and heartburn can all be relieved using Juniper.



Ways to use Juniper Essential Oil

Diffuse

- Juniper essential oil can be used in diffusers or oil burners. Using Juniper essential oil in this way is particularly beneficial in relieving headaches and migraines as well as boosting concentration, focus and clearing the mind. Juniper is also a good insecticide diffusing will keep insects away.

Diffuse 1 - 3 drops of Juniper essential oil in an oil burner or diffuser.

Bath

- Juniper essential oil can be added to a warm bath to relieve muscle aches and menstrual pains and cramps. It can also relieve pain associated with arthritis and rheumatism

Add 1 - 3 drops of Juniper essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Cream

- Adding a few drops of Juniper to a base cream is a great way of harnessing Juniper's antiseptic and analgesic properties to treat minor cuts and scrapes and to soothe skin conditions such as psoriasis, eczema. It can also help to smooth the appearance of cellulite.
- Add up to 12 drops of Juniper essential oil to 30 ml of base cream.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles. Juniper essential oil can be particularly beneficial in breaking up the toxins and fatty tissue that cause cellulite.

Adults - up to 7 drops of Juniper essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops Juniper essential oil of in 1 tbsp of carrier oil.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Juniper goes particularly well with oils such as:

- Bergamot
- Cypress
- Lavender
- Geranium
- Lemon (all citrus essential oils)
- Rosemary
- Cedarwood
- Sandalwood
- Tea Tree
- Clary Sage
- Vetivert



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Juniper is known to stimulate the contraction of smooth muscles and should therefore not be used by pregnant or breastfeeding women.

Juniper should not be used if you are taking prescription medication for diabetes, glucose regulation or hypoglycaemia.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Juniper is one such oil.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



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