

Juniperus communis

JUNIPER

Renowned for its cleansing properties, juniper has been used through the ages to purify body, mind and spirit. It has been valued by all the great civilizations since Ancient Egyptian times to fight infection and for purification ceremonies (sprigs with berries were said to keep witches away). Its anti-viral properties make juniper useful in treating respiratory infections and an ideal air freshener.

SCENT
Woody, fresh, sweet

NOTE
BASE MIDDLE TOP

EXPENSE RATING
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CAUTIONS
Avoid in pregnancy, kidney disease or glomerulonephritis. See page 16.



Main constituents: pinene, myrcene, limonene

THERAPEUTIC PROPERTIES

In Ancient Greece, juniper was burned as incense to combat epidemics, as it was in a German cholera outbreak in 1856, and a smallpox epidemic in France in 1870. Cato the Elder (234–149BC), a Roman, considered the berries to be diuretic as did Gerard, writing that “it provoketh urine”. Culpeper said the plant “provokes urine exceedingly... helps the gout and sciatica, and strengthens the limbs of the body”. Juniper oil is still used in similar ways.

EMOTIONS & MIND

Calming and fresh. Use diluted in a bath or massage oil to ease stress.

ACHES & PAINS

Diuretic and local stimulant, useful for rheumatic problems and sports aches and pains. The constituent myrcene has analgesic properties. Dilute with a carrier oil and blend with rosemary oil for use in the bath or with ginger oil for massage (see pages 100–1).

SKIN & BEAUTY

Antiseptic; use in toners and men’s aftershaves. Useful for treating acne; apply a cold compress or diluted oil. Helpful in a massage used to aid slimming or combat cellulite.

THE BERRIES of juniper plants, cultivated in Canada and Europe, are distilled to extract the oil.

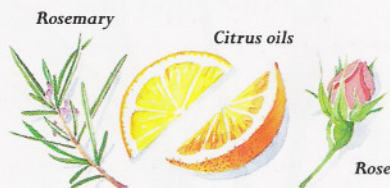


THIGH MASSAGE



Juniper oil is often used in anti-cellulite massage blends (see pages 88–89).

OIL COMBINATIONS



ROSEMARY OIL enhances the stimulating, rubefacient effect of juniper oil, citrus oils complement its calming properties, and rose oil sweetens its scent.