

JUNIPER

Latin Name: *Juniperus communis*

Botanical Family: Cupressaceae

Other Common Names: Common juniper, dwarf juniper

Extraction Information

Country of Origin:	Balkans
Part of Plant Used:	Berries
Extraction Method:	Distillation
Oil Content:	0.5% - 1.5%
Color of Oil:	Pale Yellow



Blending Information

Odor Description:	Fresh, Piney, Fruity
Blending Factor:	4
Note:	Top
Energy:	warming / Stimulating
Blends Well With:	Grapefruit, Lemon, Cypress, Cedarwood, Eucalyptus globulus/ E. radiata, Spanish Sage, Rosemary ct. verbenone
Indicated For:	Poor elimination from skin, slow healing sores, acne, oily skin, eczema, herpes, oily scalp

Safety Information:	Skin sensitization if oxidized
Contraindications:	Avoid internal use if kidney inflammation or irritation is present
GRAS status:	<input type="checkbox"/>

Botany: *Juniperus communis* is a coniferous evergreen tree-like shrub that grows to a height of about 6 ft, although it can reach upwards of 25 feet. Juniper has spreading branches and densely crowded, needle-like leaves. The tree bears berry-like seed cones. Juniper likes to grow in dry, rocky, hillsides and plateaus. The berries can take up to 2-3 years to ripen.

History + Myth

Juniper berries have been historically used in the making of gin. The Dutch word for juniper is 'genever', which refers to its most common use as a liqueur. This liqueur was used by Europeans as a tonic and restorative drink. In traditional medicine, juniper berries have been used for digestive upsets as well as for joint and muscle pain. Native American Indians utilized Juniper for treating colds, flu, arthritis, and muscle aches.

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Therapeutic Actions

Analgesic, Antiseptic, anti-inflammatory, antirheumatic, antispasmodic, antiviral, depurative, detoxifier, diuretic, digestive, expectorant, stimulant

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Chemical Feature:

Rich in Monoterpenes (α -pinene & myrcene) supported by sesquiterpenes

Chemical Composition

General Chemical Composition of *Juniperus communis* (berries)

Chemical Family	Components
Monoterpenes	α -pinene (22.01-43.19%), α -thujene (0.7-2.34%), camphene (0.14-0.35%), sabinene (3.47-10.2%), β -pinene (2.24-5.35%), myrcene (12.02-21.5%), α -phellandrene (0.13-0.26%), delta-3-carene (0.04-0.167%), p-cymene (0.09-0.63%), limonene (2.9-4.53%), β -cis-ocimene (1-1.05%), γ -terpinene (0.82-2.27%), α -terpinolene (0.88-1.74%), b-phellandrene (0.67%), (E)- β -ocimene (0.034%)
Sesquiterpenes	elemene (0.19-0.82%), α -cubebene (0.43-1.31%), α -ylangene (0.03-0.14%), β -elemene (1.33-3.4%), α -longifolene (0.01-0.1%), α -copaene (0.403%), β -copaene (1-0.58%), aromadendrene (0.07-0.14%), α -humulene (1.87-4.6%), Germacrene D (1.4-9.61%), β -selinene (0.3-0.73%), γ -cadinene (0.12-2.43%), α -cadinene (0.13-0.33%), β -bourbonene (0.02%), β -caryophyllene (2.59%), delta-cadinene (1.89%), gamma-cadinene (0.527%), α -muurolene (0.53%)
Monoterpene Alcohols	linalol (0.05-0.87%), borneol (0.04-0.14%), terpinen-4-ol (1.37-5.8%), α -terpineol (0.18-0.81%), myrtenol (1-0.19%)
Sesquiterpene Alcohols	elemol (0.06-0.3%), spathulenol (1-0.56%), viridiflorol (0.04-0.16%), α -cadinol (0.03-2.73%)
Esters	bornyl acetate (0.17-0.55%), citronellyl acetate (0.05-0.09%)
Selta F, Karapandzova M, Stefkov G, Kulevanova S. (2011). Chemical composition of berry essential oils from <i>Juniperus communis</i> L. (Cupressaceae) growing wild in Republic of Macedonia and assessment of the chemical composition in accordance to European Pharmacopoeia. Macedonian Pharmaceutical Bulletin, 57(1,2), 43-51. and www.florihana.com Juniper berry Lot#: B160614BG	

Core Aromatic Applications:

Circulatory system: poor circulation, detox

Digestive system: poor appetite, flatulence/gas, dyspepsia, lack of appetite

Musculoskeletal system: muscular aches and pains, rheumatism, cellulite, joint pain and stiffness, strains and sprains, carpal syndrome, sciatica, spasms, shin splints, edema

Skin: poor elimination from skin, slow healing sores, acne, oily skin, eczema, herpes, oily scalp

Psyche / Emotion: fluctuating energy levels, worry, cold, fear, trembling, emotionally frozen, feelings of being blocked, lack of motivation, energizing

Ayurveda: Due to its affinity to the circulatory system, juniper would be indicated for an imbalance in vyana vata. May also be beneficial for imbalances of slesaka kapha.

TCM: Juniper is a powerful tonic of the body's warming and stimulating yang energy, especially of the kidney-yang. Juniper is useful to break through psychological stagnation and consolidate will-power.

Affinity: Circulatory System

Keywords: Detoxifying, Clearing, Stimulating, Strengthening, Cleansing

Research/ Additional Notes:

Juniper's therapeutic actions are due primarily to its volatile oil, which contains the constituent terpinen-4-ol. Diuretic actions stimulated by terpinen-4-ol are reportedly aquaretic, meaning that glomular filtration rates increase, but electrolyte secretion does not. Avoid internal use if kidney inflammation or irritation is present. External application is considered safe.