

JUNIPER BERRY

JUNIPERUS COMMUNIS

Country of Origin: Bulgaria

Steam Distilled from berries

Juniper Berry (*Juniperus communis*) is a steam-distilled oil obtained from the berries, known for its crisp, slightly woody aroma and its strong association with detoxification and fluid movement. Naturally rich in monoterpenes such as alpha-pinene, it carries a cleansing, mobilizing character often used to support the body's elimination pathways, reduce excess retention, and promote a lighter, more balanced internal state.

Its aroma is fresh, dry, and subtly resinous with a faint berry-like sweetness, giving it both clarity and depth. It is often chosen when the body feels heavy, congested, or burdened by stagnation, particularly in relation to fluid balance or lymphatic flow.

In traditional and aromatic use, juniper berry has been regarded as a purifying oil supporting detoxification, circulation, and overall system clarity. It works by encouraging movement and release, helping the body clear excess and return to a more efficient, responsive state.

FUNCTIONAL CONSTITUENTS

Alpha-Pinene A dominant monoterpene in juniper berry, alpha-pinene contributes to its crisp, fresh aroma. It is associated with supporting circulation, promoting respiratory clarity, and contributing to the oil's cleansing and purifying properties.

Myrcene A monoterpene that adds a softer, slightly earthy undertone to the oil. Myrcene is known for its calming and anti-inflammatory influence, helping support comfort in the body while balancing the oil's more stimulating aspects.

Sabinene A key component in juniper berry that contributes to its dry, slightly peppery edge. It is associated with supporting detoxification pathways, particularly in relation to fluid balance and metabolic waste processing.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6726717/>
<https://pubmed.ncbi.nlm.nih.gov/26784665/>
<https://pubmed.ncbi.nlm.nih.gov/37317028/>



HOW WE SOURCE

Juniper berry oil is shaped by the maturity of the berries and the environment in which the shrubs grow. We look for *Juniperus communis* growing in clean, rugged regions where slower development produces berries with a more concentrated and balanced aromatic profile.

The berries are harvested at full ripeness, then steam distilled to preserve their volatile compounds. Because juniper is valued for its clarity and strength, proper timing and careful handling are essential. We look for oil that is crisp, fresh, and dry with a clean, resinous edge, never dull, overly sweet, or lacking definition.

OUR JUNIPER BERRY IS:

- ✓ Steam distilled from fully ripened berries
- ✓ Unrefined and not standardized
- ✓ Naturally rich in monoterpenes
- ✓ Harvested for clarity and strength
- ✓ Crisp, dry, and cleanly resinous

We look for oil that carries a sharp, fresh profile with a balanced woody edge, an indicator of proper harvest timing and careful distillation. Dull, overly sweet, or muddy oil signals poor quality or improper handling, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Crisp, fresh aroma*
- Dry, slightly woody edge*
- Clean, well-defined profile*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Sweet, syrupy scent*
- Flat or muddy aroma*
- Adulterated/extended oil*
- Clear or plastic packaging*

HOW TO USE JUNIPER BERRY

Juniper berry is commonly used when the goal is supporting fluid balance, encouraging elimination, and reducing feelings of heaviness or retention. It is best suited for targeted topical and limited aromatic use.

Topical

Dilute with a carrier oil and massage into abdomen, lower back, or areas of retention. Commonly used to support lymphatic movement and help reduce fluid buildup in the tissues.*

Topical (Targeted)

Apply diluted to legs or affected areas. Often used to support circulation and improve the appearance of skin affected by retention or congestion.*

Internal

Use sparingly in a capsule with a carrier (1 drop). Commonly used to support urinary and digestive elimination pathways.*

Inhalation

Inhale from palms or a tissue. Often used to promote a clear, focused state and support overall system responsiveness.*

WHAT IT SUPPORTS

Juniper berry is traditionally used when the goal is supporting elimination, reducing retention, and restoring efficient fluid movement in the body. It supports:

- Fluid balance and reduction of water retention*
- Healthy kidney and urinary function*
- Lymphatic movement and drainage*
- Reduction of heaviness and tissue congestion*
- Circulatory support and overall system clarity*

Used consistently, it helps the body feel lighter, clearer, and more responsive, supporting elimination pathways, fluid balance, and overall functional movement.

JUNIPER BERRY IN THE STILLROOM

Juniper berry has long been kept in the stillroom as a clearing, draining oil to be used when the body feels burdened, swollen, or slow to eliminate. Distilled from the berries of *Juniperus communis*, it is closely associated with fluid balance, lymphatic movement, and the body's ability to clear metabolic waste.

It is often reached for during periods of retention, heaviness, or when circulation and drainage feel sluggish. This is not a soft or purely aromatic oil. It is used with purpose, helping stimulate movement through elimination pathways and reduce excess buildup. Used in small amounts, it supports a lighter, more efficient state without unnecessary strain on the system.

MORE WAYS TO USE JUNIPER BERRY

Lymphatic Massage

Dilute and massage toward lymph nodes. Commonly used to support drainage and reduce fluid retention.*

Lower Back Application

Apply diluted oil over kidney area. Often used to support urinary function and overall elimination.*

Anti-Retention Bath

Add to bath salts and soak in warm water. Commonly used to encourage fluid movement and reduce heaviness.*

Post-Workout Recovery

Blend with a carrier and massage into legs. Often used to support circulation and reduce swelling after exertion.*

Detox Support Blend

Combine with fennel or grapefruit in a carrier oil. Commonly used to support elimination and a more balanced internal state.*

CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

ZILARA

JUNIPER BERRY

juniperus communis

STEAM DISTILLED • BULGARIA

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, add 10 to 15 minutes per hour.

Supplement Facts

Serving Size: 1 drop	Container: About 100
Amount Per Serving	%DV
Juniper Berry 60mg **	
Juniperus communis	
Steam distilled from berries	
*This value (60mg) has been rounded.	

Caution: Keep out of reach of children. Avoid contact with eyes. If irritation occurs, stop use. Store in a cool, dark place. This product is not intended to diagnose, treat, or prevent any disease.



Manufactured by Zilara, a division of Green Organics, LLC
2142 Greenway Blvd
Cincinnati, OH 45245
www.zilara.com

5 mL / 0.17 fl oz