

## HERBAL TRADITION



➤ **Juniper:** Juniper is abundant in the Northern Hemisphere but the essential oil is mainly produced in Hungary. Refreshing and invigorating, this oil is primarily used to alleviate muscle spasms and contractures. It is also known for its antiseptic, astringent and diuretic properties.

## DIRECTIONS

➤ Apply **Just Juniper Cream** topically. Massage to speed up absorption of the cream into the skin.

*Just* offers 3 levels of care for movement and elasticity:

### PREVENTION:

**Juniper Cream** · **WARMING EFFECT.**

Massage before and after exercising to relax your muscles.

### IMMEDIATE CARE:

**Comfrey Cream Gel** · **COOLING EFFECT.**

This refreshing herbal creamy gel provides comfort when there is pain due to over-exertion and muscle strain. Helps relax sore muscles and joints through a gentle massage.

### CHRONIC SITUATIONS:

**Arnica Creamy Gel** with devil's claw and frankincense. Apply daily to provide comfort and improve mobility. Ideal for long term use.



## PRIMARY INGREDIENT

➤ Juniper Essential Oil

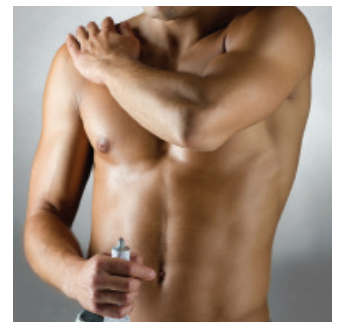
## SECONDARY INGREDIENTS

- Soybean Oil
- Pine Oil
- Eucalyptus Oil
- Cypress Oil



## MAJOR BENEFITS ATTRIBUTED TO THE INGREDIENTS

- A well applied massage with essential oils on sore muscles is always therapeutic.
- The warming properties of Juniper Essential Oil are the perfect complement to a relaxing massage that helps loosen an ease the tension of aching muscles.



## PRIMARY USES AND RECOMMENDATIONS

- A massage with **Juniper Cream** is ideal to relax and revitalize.
- It is highly effective for people who practice sports, both for warming up or for a relaxing massage after exercising.
- Ideal for people who suffer from stiff muscles, tingling sensation of arms and legs, swollen feet and ankles and tensions associated with painful menstruation who can benefit from a relaxing massage.
- Works wonders after a therapeutic soak in **Juniper Bath Essence**. For additional comfort, **Mountain Hayflower & Edelweiss Bath Foam** may be added to the warm water.