

COPAIBA

ESSENTIAL OIL
Cheatsheet

WHAT IS IT?

Copaiba essential oil is steam distilled from the gum resin of a copaiba tree which is located in Brazil. When distilled it comes out as a pale yellow color. It is the most anti-inflammatory oil on earth and it also has antiseptic properties.

RELIEF

- PAIN
- INFLAMMATION
- CONGESTION
- HEADACHES
- MIGRAINES
- INFECTIONS
- ATHLETE FOOT
- VARICOSE VEINS

IMPROVES

- ANXIETY
- LIVER
- BRAIN
- TEETH
- ACNE
- WRINKLES
- SKIN
- SCARS
- MOOD
- BLOOD PRESSURE
- STRETCH MARKS

COPAIBA

ESSENTIAL OIL *Cheatsheet*

REMEDIES

- PAIN - (ADD A FEW DROPS TO THE AFFECTED AREA)
- ACNE - (DAB ON THE SKIN)
- HEADACHES - (APPLY TO TEMPLE AND BACK OF NECK)
- WRINKLES - (ADD 15 DROPS TO 1 OUNCE OF JOJOBA OIL & 5 VITAMIN E CAPSULES TO FACE TWICE A DAY)
- STRETCH MARKS - (APPLY DIRECTLY TO THE SKIN)
- SAGGING SKIN - (APPLY DIRECTLY TO THE SKIN)
- STOMACH DISTRESS - (ADD A DROP TO TEA AND HONEY)
- SORE MUSCLES - (ADD 3-5 DROPS TO BATH WITH 1 CUP OF EPSOM SALT)
- MASSAGE - (APPLY 3-5 DROPS WITH A CARRIER OIL SUCH AS COCONUT OIL)
- TENSION - (APPLY TO 4-5 DROPS WITH JOJOBA TO THE AREA)
- SKINCARE - (ADD 2-4 TO MOISTURIZER)

BONUS: It is most commonly used as a lacquer or varnish. If not used properly it can cause stomach problems when used internally.