

Copaiba

Unlike any other essential oil, Copaiba is tapped directly from the tree rather than distilled. The main ingredient in Stress Away™ essential oil blend, Copaiba can be used aromatically promote a sense of calm.

Aromatic: Inhale directly or diffuse as desired to help create a positive, calm atmosphere.

Topical: Dilution is not necessary, except for the most sensitive skin. Apply after exercise, upon waking, or as desired. Mix 2–4 drops into a moisturizer and apply to face, neck, hips, stomach, arms, and thighs to nourish the skin and promote a youthful appearance. Copaiba can also amplify the effects of other topical essential oils.

Other: For an all-natural hair masque that nourishes both hair and scalp, combine ½ avocado, 1 egg yolk, 2–4 drops of Copaiba essential oil, and 1–2 drops of Rosemary essential oil in a blender. Distribute through hair, massage into scalp, and wrap hair in a shower cap. Wait 5–10 minutes. Rinse out in the shower, and then shampoo and condition as normal.

