



Take this oil with you to your chiropractor/massage appointment.

Using this oil before a chiropractic session helps to achieve much better results.

It is especially effective against Sciatica when massaged into pain prone areas.

Copabia...adding a punch to all recipes since the beginning of time.



Sweet Dreams (Diffused): 3 Drops Copaiba, 3 Drops Lavender, 3 Drops

Sinus Relief Roller: Five Drops Copaiba, 10 Drops Lavender, Peppermint, and Lemon

Pain Relief Cream: Coconut Oil, 10 Drops Copaiba, Peppermint, and Panaway

Headache Headway: Layer with Peppermint, Panaway, and/or Deep Relief for extra umph!

Base Cream

1/2 lb. Shea Butter

8 oz. Almond or Grapeseed Oil

4 oz. Coconut Oil

Whip together for five minutes or until light and fluffy. Use for any 'cream' combos!

#oilforthat

copaiba

[koh-pey-buh, -pahy-buh]

an oleoresin obtained from several tropical, chiefly South American trees belonging to the genus *Copaifera*, of the legume family, used in medicine in the treatment of certain mucous-membrane conditions.

Pain Roller

In a roller mix, 20 Drops Copaiba, 20 Drops Valor, 20 Drops Peppermint, 20 Drops PanAway, 20 Drops Lemongrass, 20 Drops Idaho Balsam Fir, 20 Drops Wintergreen. Fill bottle with carrier oil.

Apply and reapply as needed.

Acne Away

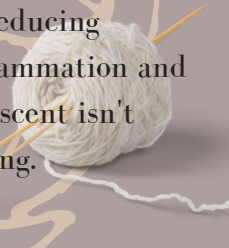
Simply take 2 drops of this oil on a cotton ball and apply it directly (no dilution necessary) on active acne. It shouldn't sting.

Wait for 2 - 3 hours. The area affected by the acne reduces considerably.

Busy Bee Hands

Great to rub directly on wrists after too much knitting, cake decorating, writing, and/or typing.

This oil will work at reducing inflammation and the scent isn't strong.



Copaiba. This is a stick it to the man oil. Kind of like a hammer.

It has the highest amounts of beta caryophyllene (55 percent) of any known essential oil.

Beta caryophyllene supports the body's natural response to irritation or injury.

I didn't realize how much I used it until I was OUT of it!!

Oh, and don't worry - I don't know how to pronounce it, either!

Children who have the issue of bedwetting, or even adults who have difficulty in controlling the flow of urine can make use of this oil. Apply this oil in generous amount on lower abdomen and massage. It helps to tone muscles of bladder and urinary tract, thus reducing the incidences of incontinence.