

Copaiba

copaifera officinalis 10ml

We all have cannabinoid receptors found in our brain, organs, tissues, glands, and immune cells. Two types of receptors, CB1 and CB2, are present in many tissues although each is linked to a different action within the body.*

Copaiba oil contains high levels of beta-caryophyllene (BCP), a cannabinoid that interacts directly with the CB2 receptors in our body and may be neuroprotective and have cardiovascular and immune benefits. Beta-caryophyllene is also found, in lower levels, in other essential oils like Black Pepper and Melissa.*

Indigenous tribes in South America have used copaiba in traditional medicine for centuries as a topical wound healer, to stop bleeding, and for skin sores and psoriasis. It has been used as a strong antiseptic and expectorant for the respiratory system, and as an anti-inflammatory and antiseptic for the urinary tract. It was an official drug in the *U.S. Pharmacopeia* from 1820 to 1910.*

The high levels of beta-caryophyllene and its uniquely sweet aromatic profile help Copaiba create a relaxing atmosphere when diffused or applied topically. Copaiba oil is used widely in cosmetic products including soaps, lotions, perfumes, and creams. It can be used following exercise or strenuous activity as a comforting cooldown. Combined with a neutral moisturizer, it makes a great addition to your daily skincare regimen to promote a clear, smooth complexion.*

When taken internally Copaiba is a powerful antioxidant supporting the health of our cardiovascular, respiratory, digestive, nervous, and immune systems.*

USES

aromatic

- **Diffusion:** Diffuse 3 drops up to 15 minutes per hour to create a warm, inviting atmosphere and to ease respiratory issues.*

bath

- **Bath:** Combine 1 drop of Copaiba, 1 drop of Peppermint, and 3 drops of Frankincense with ½ cup of Pink Himalayan or Dead Sea bath salts and add to warm water for a relaxing, rejuvenating bath.*

internal

- **Internal:** ASupport the cardiovascular, respiratory, nervous, immune, and digestive systems by adding 1-2 drops to water, juice, or tea, or encapsulating with a few drops of carrier oil.*

topical

- **Massage/Lotion:** Reduce the appearance of blemishes and promote clean, clear skin by adding to carrier oil or facial moisturizer.*
- **Massage:** Dilute one to two drops with a carrier oil, then apply to desired area for a relaxing massage, especially after workouts or strenuous physical activity.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*

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application methods

Aromatic • Bath • Internal • Topical

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.

properties

Wildcrafted

Producing Organ: Resin

Extraction: Steam Distillation

Country of Origin: Brazil

Main Chemical Constituents: Beta-caryophyllene

Therapeutic Properties: Bactericidal, balsamic, disinfectant, diuretic, expectorant, stimulant [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 126.]

responsible cautions

- Non-toxic, non-irritant, and non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**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.*

Trauma Relief

soothing blend 10ml

A wonderful healing blend, Trauma Relief is an excellent synergistic blend when assisting and supporting the body with arthritis and rheumatic concerns, sports injuries, back pain, or pain and inflammation resulting from injured or overworked muscles, tendons, ligaments, etc. Trauma Relief will help provide relief from bumps, bruises, and everyday mishaps from fingers slammed in doors to bumps on the head to stubbed toes.*

Trauma Relief contains Essential Oils which are well documented for their ability to relieve pain, reduce swelling, and prevent bruising, even in severe cases. It is particularly helpful before and after working out, participating in sports, performing strenuous activities, or just playing too hard.*

Many happily surprised users report that they no longer need their OTC pain relievers after using Trauma Relief.*

ingredient highlights

Helichrysum: The first choice for its anti-hematoma properties, with the ability to reduce inflammation and assist vascular dilation, it is an excellent aid for circulatory issues. Like Geranium, it can stop bleeding quickly and promote quick and powerful wound healing. Helichrysum is particularly effective on broken or varicose veins as well as bruising and hematomas from injuries to the skin.*

Sweet Marjoram: A warming essential oil known to increase circulation. Marjoram is particularly useful in pain relief for its ability to reduce inflammation, ease muscle spasms, and disperse bruises.*

Rosemary ct. 1,8 cineole: Has the highest hydrogen content of any plant in the plant kingdom, which explains its strong, warming effects. Applied externally, Rosemary cineole essential oil assists the body with warmth and increasing blood circulation.*

uses

topical

- Apply neat or mixed with carrier oil directly to tired, overworked muscles to relieve weariness or aches and pains. Warm or cool compresses may be applied to enhance therapeutic benefits.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*

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application methods

Topical

safety group: 4

Never recommended for children or while pregnant or nursing.

ingredients

Helichrysum italicum (Helichrysum), Eugenia caryophyllata (Clove Bud), Rosemarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Origanum majorana (Marjoram, sweet); Gautheria fragrantissima (Wintergreen), Calophyllum inophyllum (Tamanu), Cocos Nucifera (Fractionated Coconut)

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- May increase the effect of anticoagulant drugs.
- Not recommended for those facing major surgery, suffering from hemophilia or other bleeding disorders, during pregnancy, while breastfeeding, with young children, or those with salicylate sensitivity.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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