

QUICK REFERENCE SHEET

COPAIBA BALSAM

Copaifera langsdorffii



Plant Family:
Fabaceae



Extraction Method:
Steam Distilled



Part Utilized:
Resin



Region of Origin:
Brazil

AFFINITY FOR:

skin, circulation, respiratory system, vascular system, liver meridian

THERAPEUTIC PROPERTIES:

antiseptic, astringent, diuretic, expectorant, sedative to the nerves

AROMATIC CONSIDERATIONS:

Copaiba Balsam is referred to as nature's air freshener. This is because of balsam's remarkable ability to absorb odors. Copaiba Balsam adds a woody, Vanilla-like scent to blends. Copaiba Balsam or blends that contain it make pleasant hand lotions and skin care products. The aroma of Copaiba Balsam makes a wonderful perfume.

APPLICATION:

Copaiba Balsam can be applied, diluted, anywhere on the body. Add a drop or two to a warm bath for relaxation and pain relief. Apply to areas of concern or apply to wounds, wrinkles or skin conditions. Rub on the temples, the forehead, and down the neck for headache relief. Diffuse for a mild refreshing aroma. Copaiba Balsam added to a diffuser is said to promote restful sleep. Pairs well in a diffuser with Lavender for sleep or peppermint for a midday boost of energy.

! CAUTIONS:

Copaiba Balsam makes the skin mildly phototoxic where it has been applied. It is best to avoid sunlight on the treated areas of skin if you are applying this oil regularly.

INGREDIENT IN:

^{Le}Amplify, ^{Le}Angel, ^{Le}Believe, ^{Le}Fortitude, ^{Le}Inner Peace, ^{Le}IQ, ^{Le}Key to My Heart, ^{Le}MyGraine, ^{Le}Paine, ^{Le}Sego Lily, ^{Le}Synopsis, ^{Le}Vitality

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Copaiba Balsam helps one to be more resilient and stronger emotionally, especially when experiencing strain and disharmony in one's family or other close relationships. The aroma of balsam seems to fill the room with feelings of friendship and neighborliness. This oil is very supportive of relationships.

PHYSICAL ASPECTS:

Used for centuries for healing Copaiba Balsam has been traditionally used for skin problems such as chapped skin, rashes, sensitive skin, and eczema. It is helpful for acne, wrinkles, and is very nourishing and moisturizing to the skin. It has been used for an expectorant for bronchitis, coughs, and colds. Copaiba Balsam has been used as an anti-inflammatory and to provide pain relief. Its natural anti-inflammatory compounds make it an excellent choice for arthritis, muscular strains, soreness and all types of inflammation. It increases circulation without being a general stimulant. It is effective for venous congestion, hemorrhoids, and varicose veins. Copaiba Balsam helps ease the discomfort of headaches and migraines. Several studies have been done that suggest Copaiba Balsam is helpful for oral and dental health. Its powerful ability to stop bacteria from reproducing appears to be a key factor in preventing tooth decay and cavities. Add a drop of Copaiba Balsam to your toothbrush with your toothpaste and brush as usual, or add a drop into water- swish and spit out.

GENERAL INFORMATION:

Copaiba Balsam comes from a sap-like substance (oleoresin) that is collected from the trunk of the Copaiba tree. The sap is harvested from cavities within the tree trunk, in much the same manner as harvesting maple syrup. Harvesting in this manner does not destroy the tree, making it a very sustainable rainforest resource. A single tree can provide around 10 gallons of sap annually. It is a slow growing evergreen tree that grows in tropical regions. Its wood is highly resistant to natural decay, and has long been used by native tribes for its medicinal properties.