**doTERRA's Copaiba essential oil** is highly regarded for its wide array of benefits, largely due to its high concentration of beta-caryophyllene (BCP). BCP is a unique cannabinoid that interacts directly with the body's endocannabinoid system (ECS), specifically targeting CB2 receptors, without any psychoactive effects. This interaction is key to many of the oil's reported benefits.

### **What is Copaiba Oil?**

Copaiba essential oil is derived from the resin of the copaiba tree, which grows abundantly in tropical South America. It has been used for centuries in traditional Brazilian health practices. doTERRA sources its Copaiba sustainably, partnering with harvesters in the Amazon rainforest.

### **Key Component: Beta-Caryophyllene (BCP)**

The primary chemical constituent in Copaiba oil is beta-caryophyllene (BCP). This compound is notable because it directly binds to CB2 receptors in the endocannabinoid system (ECS). The ECS is a complex system in the body that helps regulate various functions, including:

* **Inflammatory response:** BCP can aid in healthy immune and inflammatory responses.
* **Immune function:** It supports the immune system.
* **Nervous system:** It helps calm, soothe, and support the nervous system.
* **Other bodily functions:** It influences signaling pathways to promote healthy liver, digestive, kidney, heart, and brain function, contributing to overall well-being.

Unlike THC found in cannabis, BCP is non-psychoactive, meaning it does not produce a "high."

### **Benefits of doTERRA Copaiba Oil:**

**Internal Benefits:**

* **Supports overall well-being:** Due to its interaction with the ECS, it promotes a general sense of balance and well-being.
* **Nervous system support:** Helps calm, soothe, and support the nervous system, which can aid in managing anxious feelings and promoting relaxation.
* **Cardiovascular health:** Supports the healthy functioning of the cardiovascular system.
* **Immune system support:** Aids healthy immune function and response.
* **Digestive system health:** Supports the digestive system and can ease digestive discomfort.
* **Antioxidant properties:** Provides powerful antioxidant support, helping to protect the body from oxidative stress.
* **Healthy inflammatory response:** Helps support the body's natural inflammatory response.
* **Oral cleanliness:** Can be used to cleanse and soothe the gums and oral cavity, and to freshen breath.

**Topical Benefits:**

* **Skin health:** Promotes a clear, smooth complexion, reduces the appearance of blemishes, and helps maintain healthy-looking skin. It can also assist with natural skin hydration and soothe minor skin irritations.
* **Soothing for muscles and joints:** Can be massaged into desired areas to soothe sore, tired muscles after strenuous activity.
* **Enhances absorption of other oils:** Copaiba has a unique ability to enhance the absorption of other essential oils when applied topically, potentially maximizing their benefits.

**Aromatic Benefits:**

* **Calming and grounding:** Diffusing Copaiba can create a tranquil and peaceful atmosphere, helping to promote restful sleep and a sense of calm and grounding.
* **Stress reduction:** Its warm, woody aroma can help soothe anxious feelings and encourage emotional resilience.

### **How to Use doTERRA Copaiba Oil:**

**Internal Use:**

* **Under the tongue:** Place one to two drops directly under the tongue for quick absorption, especially for a sense of well-being during stress or nervousness.
* **In liquids:** Add one to two drops to water, juice, or tea to support cardiovascular, immune, digestive, and nervous system health.
* **In a veggie capsule:** For those who prefer, Copaiba can be taken in a veggie capsule.
* **Copaiba Softgels:** doTERRA also offers convenient Copaiba Softgels for internal use.

**Topical Use:**

* **Direct application:** Apply one to two drops directly to the skin for targeted benefits.
* **Dilution with carrier oil:** Dilute one to two drops with a carrier oil (like Fractionated Coconut Oil) before applying to desired areas, especially for sensitive skin or for larger areas like sore muscles and joints.
* **Skincare:** Add a drop to your facial moisturizer, toner, or a carrier oil and apply to the face to reduce blemishes and promote clear, smooth skin.
* **Massage:** Combine two to three drops with a carrier oil and massage into tired muscles or stressed skin for soothing and restorative benefits. It can also be combined with doTERRA's Deep Blue Rub for enhanced muscle relief.
* **Oral hygiene:** Combine one to two drops with water and swish to freshen breath and promote oral cleanliness.

**Aromatic Use:**

* **Diffusion:** Use three to four drops in a diffuser of choice to promote a calm, grounded, and tranquil atmosphere, or to support restful sleep. It blends well with oils like Vetiver, Lavender, Wild Orange, Serenity, and Breathe.
* **Personal fragrance:** Apply doTERRA Touch Copaiba (pre-diluted in a roller bottle) to your inner wrists and neck, or blend with other essential oils like Roman Chamomile, Cedarwood, Frankincense, or Ylang Ylang for a unique personal fragrance.
* **Bath:** Add two to three drops to bath water or combine with bath gel for a calming and rejuvenating experience.

### **Safety and Precautions:**

* **Possible skin sensitivity:** Always perform a patch test before applying topically to a large area, especially if you have sensitive skin. Dilute with a carrier oil.
* **Keep out of reach of children:** Store essential oils safely away from children.
* **Consult a physician:** If you are pregnant, nursing, or under a doctor's care, consult your physician before using Copaiba oil internally.
* **Avoid contact with sensitive areas:** Avoid contact with eyes and inner ears.
* **Dosage:** For internal use, doTERRA generally recommends 1-2 drops diluted in 4 fluid ounces of liquid or in a softgel. It's always advisable to start with a low dose and adjust as needed. Do not exceed recommended dosages.

doTERRA emphasizes the purity and quality of its Copaiba oil, ensuring it is CPTG (Certified Pure Tested Grade) for safe and effective use