From soothing discomfort to easing anxious feelings to promoting the health of just about every system in your body, Copaiba is a superstar among essential oils.

Try these 5 easy ways to use Copaiba daily.

1. First thing in the morning, 1-3 drops of Copaiba under your tongue can support the health of your circulatory, digestive, nervous, respiratory, and immune systems.
2. Or keep it simple with the Copaiba Softgels. Take internally to access all of Copaiba’s many health benefits.
3. Massage Copaiba into your shoulders, neck, back or wherever you need targeted support.
4. Got skin? Add a drop of Copaiba to your facial moisturizer to reduce the appearance of blemishes and keep your skin looking healthy and clear.
5. Feeling all the feels? Diffuse Copaiba to create an environment free of anxiousness and full of tranquility.

| | Copaiba Resources | | --- | |
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| | | [Science Research News](https://click.email.doterra.com/?qs=2b94872cec37a6f742c5bde413a3d3511b2c79e8a97be87c0539d43fa2a96c091ffab114b6b5e2a85021d22c4fe602d51c6067de7bfe6ca4)  [Endocannabinoids Explained](https://click.email.doterra.com/?qs=2b94872cec37a6f7dd8e86e93e6ba2937baa7779a58e539594af689bfc735705c79843a71f7bfb491353277f13605f2007e91c3e24fc445f)  [Caryophyllene](https://click.email.doterra.com/?qs=2b94872cec37a6f7b801182317d4dd85346127659c42eee9934e6728e37680741c2c393dcbbeceed486cb355f9d206fe20ad223c0df7a1ff) | | --- |      | [Copaiba Essential Oil](https://click.email.doterra.com/?qs=2b94872cec37a6f77c14a6a12bf28003cb4acd58aeaf8a9f9058ad77cc91cbae8ae881deeaf777a86a4de2f6defe96592dbd2573cbc420fb)  [Everything to Know About CBD](https://click.email.doterra.com/?qs=3c2ade02da6f6c231673e5008cddb70f8ff4b8ba9ae96a5417b11abc8698cb817cc10e462acdca78175423ace24d9a161cf814c3f8d115b0)  [Podcast Episode 19: CBD vs Copaiba](https://click.email.doterra.com/?qs=3c2ade02da6f6c23ce90dc368c331a232520f754816d8176aae94143a6a8f8011601f8bd53302055eab83b545f41b1412f166df6c4ebc380)  [Product Spotlight: Using Copaiba](https://click.email.doterra.com/?qs=3c2ade02da6f6c231faa8728da68402ed7acadbd33e74d5a6ca608c611f6a0648327b3597d3929f7e75fd715a0215d1f18a5c31282102515) | | --- | | | --- | --- | --- | |