

Beginners Guide To The Use Of Liquid Copal

One of the greatest benefits of using High Quality Liquid Copal (essential oils) is that you are giving your immune system a boost in combating the diseases and pollutions we have to face in this filthy world we live in. Prevention is always better than a cure.

Liquid Copal are absorbed into the body a couple of ways:

1. When massaged into the skin the liquid copal are quickly absorbed into the pores. From there they move rapidly through the cells and are diffused into the bloodstream.
2. When the scent is inhaled, it enters the nose, moves to the lining of the lungs, where it is then absorbed into the bloodstream.

An important point new users need to remember when using Liquid Copal:

In their pure and unadulterated form, they are extremely potent. Because of that, you should only use 1 or 2 drops at a time. When applying to the skin, *always* dilute with a carrier oil until you understand how your body will react to the liquid copal.

One of the best areas of your skin for applying oils for quick absorption is the bottom of your feet. Yes, the bottom of your feet. Sounds a little strange but because of the large pores, the benefits are carried into the bloodstream very quickly. If you want to try it out, take a garlic clove and rub it on the bottom of your foot. Within 15 minutes, your breath will smell of garlic.

Other areas are the base of the throat, inside elbows and knees, and the nape of the neck. You will want to experiment to find what works best for you.

There are several ways to inhale the scent of the oils. The easiest is to just open the bottle and sniff. You can easily scent your home by placing a few drops on some cotton balls and place throughout the home. You can also buy a fine mist spray bottle and fill with water. Add several drops of the essential oil and shake vigorously. Set the spray to as fine a mist as you can and spray the air of the room, carpet and cloth furniture. This also works great in a car. Always shake the bottle before spraying. (Note: Do not use on hardwood floors, leather furniture or painted walls.)

Remember with therapeutic quality liquid copal you do not want to use heat to disperse the oil. This will destroy some of the therapeutic properties.

As you become more familiar with the wonderful benefits of liquid copal, you will probably want to purchase a diffuser. Our diffusers are the only diffusers on the market that keep the therapeutic properties of the essential oil intact. Other companies sell lower quality diffusers will change the chemical components or frequency of the oil.

Some other suggested uses:

- Rub a little peppermint on your temples to help relieve a headache (keep away from eyes)
- Put an equal mix of Lavender and Tea Tree on a rash
- Sandalwood helps soften skin
- Sandalwood and Lavender each work well as a deodorant
- Put 10 – 12 drops of favorite oil or synergy on a 100% cotton cloth and put under the seat in your car
- Put 1 – 2 drops of Serentiy, Lavender, or Patchouli on your pillow can help you sleep
- Citrus oils will energize the room
- Put several drops of favorite oil or synergy into final rinse of laundry
- Peppermint and Rosemary help clear the air of a musty room
- Place 4 or 5 drops of Lemon down the drain of the kitchen sink to eliminate odors

As always, if you are unsure or are new to the use of a liquid copal, it should be used with a carrier oil.

Now you have begun this wonderful journey, have fun with your oils. Try different things to see how they make you feel. Read about your oils and get to know their properties.