

Understanding Carrier Oils

Because liquid copal are highly concentrated, they need not always be used directly on the skin. Often it is recommended that the liquid copal is added to a carrier. A carrier oil is a cold-pressed vegetable, nut, or seed oil that may or may not have therapeutic properties of their own. Some most commonly used carrier oils are: Fractionated Coconut Oil (F.C.O.), Jojoba, and Olive Oil.

There are two main reasons for using carrier oils. One is to put a small amount of liquid copal across a large surface of skin. The other is to lesson the intensity of “hot” oils. In their natural form, liquid copal are very strong and potent. (Some liquid copal can be 100,000 times stronger than the dried herb.)

Anyone new to liquid copal and their uses should mix them with a carrier oil before applying them to the skin. A simple formula is 2 to 4 drops of liquid copal per teaspoon of carrier oil, with the spice oils —Clove bud, Cinnamon Bark, Thyme, etc.— and anywhere between 5 –15 drops of essential oil per teaspoon of carrier oil with the others. Many experienced users often do a mixture of 50/50, but this is only after they understand how the liquid copal will react to their body.

An important point to remember: if a liquid copal is too hot or causes an allergic reaction (this rarely happens), *never* use water to wash or dilute it. (The water traps the oil and drives it against the skin and it can cause the burning sensation to intensify.) Always use a carrier oil to wash the effected area. The carrier oil will dilute the liquid copal and cause slower absorption. This will diminish or stop the burning effect while still giving you the therapeutic benefits you seek. After you have applies enough carrier oil to stop the reaction or burning, you can then use soap and water to wash it all off.

We have a large selection of liquid copal blends, which are ready to use right from the bottle (already mixed with a carrier oil). These liquid copal combinations were created with specific purposes in mind. The synergies created by blending specific oils together can produce more powerful results. We suggest you try some of our blends until you are ready to branch out and create your own.