

ONE GREAT PRODUCT, THREE GREAT USES

Whether you are using products internally, topically, or aromatically, dōTERRA's CPTG standard ensures only the highest quality of essential oils.



Internal Uses

- Swish with two drops of Copaiba Oil and one drop of Peppermint Oil to freshen the breath and promote oral cleanliness.
- Place one to two drops of Copaiba under the tongue to encourage a general sense of well-being during periods of stress or nervousness.
- Take internally to help ease feelings of anxiousness.
- Add 1 to 2 drops to water, juice or tea.



Topical & Aromatic Uses

- Diffuse two drops of Copaiba with four drops of Serenity to promote a calm and peaceful environment.
- Apply two to three drops and cover with Deep Blue™ to soothe sore, tired muscles after strenuous activity.
- Mix equal amounts of Copaiba Oil and Fractionated Coconut Oil and apply to restore stressed skin.

dōTERRA®