

Basic Liquid Copals (Essential Oils) and Their Healing Potential

Lavender: Lavender is considered the universal liquid copal. It blends well with other copals and can be used in almost all situations to receive some benefit. It is especially useful for small children. Lavender is beneficial for skin conditions, acne, boils, bruises, burns, wounds, cuts, dermatitis, eczema, diaper rash and sunburn. Lavender liquid copal fights infections, inflammation, mouth abscess, thrush, canker sores, indigestion, flatulence, nausea, colic, arthritis, rheumatism, insomnia, high blood pressure, tachycardia, phlebitis and fluid retention. Lavender is noted to be beneficial for hair loss, dandruff, pre-menstrual and menopausal problems, abdominal cramps, stretch marks, minimizing scarring, herpes, ulcers, allergies, asthma, athlete's foot, earache, chronic fatigue syndrome and boosts immunity. It has assisted with tonsillitis, fainting, headache, insect bites and stings, lice, ringworm, muscular aches and pains, dyspepsia, flu, fears, change, insecurity, irritability, moodiness, restlessness, shock, depression, vertigo, sciatica, nerves and stress.

In traditional healing, we use lavender liquid copal if there is any question as to which liquid copal to use. "When in doubt, uses Lavender." Emotional benefits of Lavender are: Feelings of love, peace and consciousness and it calms emotional extremes.

Lemon: Lemon has been used in traditional healing for the following: Air disinfectant, to fight infectious diseases, benefitting the immune system by stimulating the red and white blood cell formation, digestive problems, heart-burn, cleanses the lymphatic system, stimulates the brain, clears thought and aids concentration and focus. Lemon is known to assist in reducing fevers, colds, flu, throat infection, asthma, bronchitis, anemia, varicose veins, and hemorrhoids, tightens blood vessels, promotes tissue repair, stops nosebleeds, broken capillaries, mouth ulcers, herpes, gout, rheumatism, and intestinal parasites. Also beneficial against acne, freckles, brittle nails, boils, corns, warts, arthritis, nervous conditions, high blood pressure, obesity (congestion), cellulite, poor circulation, gallstones, dyspepsia and fortifies the stomach and spleen.

Lemon liquid copal is an astringent, antiseptic, antibacterial and a blood thinner. Emotional benefits of Lemon are: Emotional clarity, apathy, grudges, resentment, anxiety and touchiness. It promotes spiritual awareness and a connection between spirit (consciousness) and soul.

Peppermint: Peppermint is used for healing fever, headaches, migraines, throat infections, cold, and flu. It is beneficial for the respiratory system, opens the sensory system and is both stimulating and soothing to the liver. Beneficial for asthma, bronchitis, itchy skin, inflammation, swelling, sinuses, chronic fatigue syndrome, colic, cramps, fatigue, vertigo, toothache, acne, ringworm, digestion, heartburn, diarrhea, motion sickness, nausea, halitosis, varicose veins, arthritis and hot flashes. It is anti-bacterial, antiseptic, anti-spasmodic and assists with shock, jet lag and nervous stress. Some consider it a good mosquito and gnat repellent.

Peppermint mixes well with other liquid copals, use sparingly as it tends to dominate. It can burn or feel too hot on the skin so use a carrier oil. Emotional benefits are: Purification and consciousness, energizing and relieves mental fatigue, increases alertness, improves, concentration, dispels pride and the feelings of inferiority.

Tea Tree: Tea Tree liquid copal is very beneficial and one that is recommended for everyone to have. It is used for healing viruses, inflammation, major infections (staph and strep), bacteria, fungus, parasites, as an antiseptic, and insecticide. It can also be used for respiratory problems, infectious diseases such as chickenpox and ear, nose and throat infections. It stimulates the immune system and assists lymphatic circulation.

Traditionally Tea Tree liquid copal is used against fungal infections (athlete's foot, Candida, jock itch), tonsillitis abscesses, cold sores, herpes, warts, lice, and gum disease. It is known to assist in healing wounds, rashes, sunburns, digestion, diarrhea, vaginal thrush; acne burns shock, hysteria, tuberculosis, sinusitis, whooping cough, colds, and flu and is a good tissue regenerator.

Emotional benefits are: Helps with absent-mindedness, nervous exhaustion, chronic depression and lack of confidence, stimulates energy, and relieves nervous depression. Physically delicate individuals struggling with health and in need of a positive perspective can also benefit. Tea Tree is always beneficial when applied to the bottom of the feet.

Eucalyptus Radiata: Eucalyptus has been used traditionally for healing infections, inflammation, bacteria, viruses, catarrh, and as an expectorant. It is safe to inhale directly from the bottle. It has been known to be beneficial for sinus problems, asthma, bronchitis, coughs, sore throat and mouth infections. It assists arthritis, muscle aches, pains, injuries, sprains and inflammations (especially rheumatoid arthritis), flu, colds fever (works for viral or bacterial infections), eases endometriosis inflammation, cystitis, leucorrhea, vaginitis, headaches, nervous exhaustion, neuralgia and sciatica. Promotes health, well-being, purification and healing.

