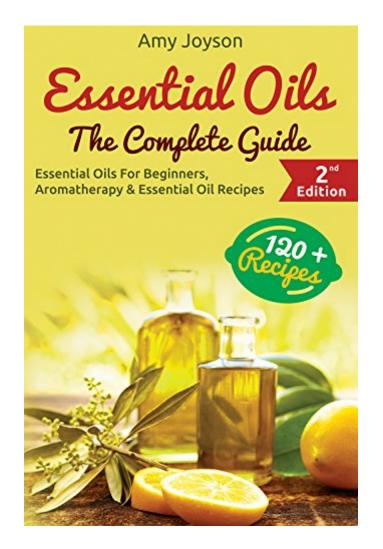
The book was found

# Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes





## Synopsis

Discover The Ultimate Guide to Essential Oils!READ THIS BOOK FOR FREE WITH KINDLE UNLIMITED - NOW IN SECOND EDITION!When you download Essential Oils - The Complete Guide: Essential Oils For Beginners, Aromatherapy & Essential Oil Recipes, you'll learn what essential oils are, how they're obtained, and a little bit about their history. You'll find out how to identify therapeutic-grade oils, and how much you should be paying for essential oils. This book even helps you understand how essential oils work, how to use them safely, and why they aren't backed as "therapeutic drugs" by federal regulators.Remember - You don't need a Kindle device to read this book, just download a FREE Kindle reader for your computer, tablet, or phone!With Essential Oils - The Complete Guide: Essential Oils For Beginners, Aromatherapy & Essential Oil Recipes, you'll discover the 30 Most Popular Essential Oils, including Eucalyptus, Lemon, Chamomile and Frankincense. You'll also gain access to 2 FREE e-books and a preview of the follow-up book, Essential Oil Massage Techniques For BeginnersFurthermore, Essential Oils - The Complete Guide: Essential Oils For Beginners, Aromatherapy & Essential Oil Recipes brings essential â œknow howâ • about these remarkable substances. You'll learn how to: Use and store carrier oilsUnderstand the difference between carrier oils and essential oilsCreate over 100 oil blendsMassage with essential oilsUse essential oils with your petsDownload Your Copy of Essential Oils - The Complete Guide: Essential Oils For Beginners, Aromatherapy & Essential Oil Recipes Right Now!

### **Book Information**

File Size: 1672 KB Print Length: 228 pages Simultaneous Device Usage: Unlimited Publication Date: January 31, 2015 Sold by:Â Digital Services LLC Language: English ASIN: B00T12QLW4 Text-to-Speech: Enabled X-Ray: Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #28,057 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #14 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing #33 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy

#### **Customer Reviews**

Wow--what a wonderful beginning book on essential oils. I love essential oils, in fact I was using a Now essential oils mix called "Mental Focus" while reading this book (as I'd just finished some work that required me to be especially focused). That essential oil compound includes lemon oil, peppermint oil, wintergreen oil, basil oil, rosemary oil, and grapefruit oil. I find it very balancing and centering and it promotes my ability to focus on a single task. Loved learning that Bergamot essential oil is used to increase alertness (I love Earl Grey tea with real Bergamot herb/oil as an ingredient). This is one of those Kindle books that I can tell I will read and re-read (it'll stay in my Kindle book library). Was fascinating to learn more about the medicinal, healing, and purification use history of the use of essential oils, from the Egyptians to the Greeks and Romans. I use essential oils topically, in an atomizer, or in my foods. My favorite essential oils are lavender, peppermint and rose. A fascinating thing that I learned in reading this eBook is that Maude Grieve, who published an herbal medicine book in 1931, said that: "The lemon is the most valuable of all fruit for preserving health." Wow. I do drink warm lemon water some days and have used lemon essential oil in the past... but learning this reminds me that I should get more lemon essential oil for it's lovely aroma and powerful cleansing and uplifting properties. I definitely want to support lifting mental fatigue and get rid of mental or emotional heaviness, which lemon essential oil may do (in addition to increasing awareness and concentration).

#### Download to continue reading...

ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergie) Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Essential Oils For Beginners: Essential Oils For Beginners: How To Use

The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Cooking With Coconut Oil Vol. 1 - 50 Coconut Oil Recipes Promoting Health, Wellness, & Beauty -Coconut Oil Cookbook - Coconut Oil Uses - Coconut Oil (Coconut Oil Diet And Recipes) Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) Homemade Essential Oil Recipe Guide For Beginners: Personally Tested and Proven Essential Oil & Aromatherapy Recipes With Instruction Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy Big Collection Of Essential Oils: Amazing DIY Recipes Of Essential Oils Blends, Soap Making And Repellents: (Diffuser Recipes and Blends, Skin So Soft Insect ... (Natural Remedies, Essential oils) Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Organic Perfume: The Complete Beginners Guide & 50 Best Recipes For Making Heavenly, Non-Toxic Organic DIY Perfumes From Your Home! (Aromatherapy, Essential Oils, Homemade Perfume) Homemade Shampoo: Beginner's Guide To Natural DIY Shampoos -Includes 34 Organic Shampoo Recipes! (Natural Hair Care, Essential Oils, DIY Recipes, Promote ... Masks, Aromatherapy, Hair loss treatment) The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments

<u>Dmca</u>