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An Introductory Guide to Uses for Essential Oils And

The essential oils are the aromatic, natural chemical compounds extracted from various parts of a plant: leaves, flowers, stems, roots, bark, etc. They are in such a potent form that a single drop of essential oil can equal multiple teaspoons of the dried herb (for instance, 1 drop of peppermint oil

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Essential Oils Guide AromaWeb

Essential Oils Guide Refer to AromaWeb's extensive Essential Oil Guide to learn about essential oils, how to safely use them and to view profiles for over 120 essential oils, CO2s and absolutes. In addition to the Essential Oil Guide, be sure to also read the articles within the Aromatherapy Guide area.

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Essential Oils Guide Real Simple

How it works: Eucalyptus oil acts as an expectorant, helping to clear mucus from the respiratory passages, says Jennie Harding, an aromatherapist and the author of *The Essential Oils Handbook* (\$13, amazon.com). Boil 1 quart of water, let it cool slightly, then pour it into a bowl. Add 4 drops of oil, drape a towel over your head, and lean over the steam, inhaling for 10 to 15 minutes.

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Additionally, key information on over 100 single oils and more than 90 commercially-available oil blends will help you better understand and use essential oils. The app also includes essential oil application instructions, including detailed information about auricular internal body points, digestive tract, autonomic nervous system, and the nose and olfactory system.

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Essential Oils Guide For Beauty Not For Lazy Moms

Essential Oils Guide (Part 5 of 6) Your skin deserves to be pampered by products as natural as your beauty. We invite you to discover the luxury of essential oils, the centuries-old secret of radiant-looking skin, lustrous hair, and an ageless-looking complexion.

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Essential Oils Guide For Balance Not For Lazy Moms

Essential Oils Guide (Part 6 of 6) Essential oils have the unique ability to help relax the body, mind, and spirit. We invite you to discover how our pure essential oil and carefully formulated blends can help you maintain normal balance and peace in your life.

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Essential Oil Safety A Guide for Health Care

The second edition of this book is virtually a new book. It is the only comprehensive text on the safety of essential oils, the first review of essential oil/drug interactions, and it provides detailed essential oil constituent

data not found in any other text.

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The PRINTABLE Guide on How to Use Essential Oils Safely

Essential oils are a huge gift, but with great gifts comes great responsibility to properly steward these potent natural remedies. Our printable chart keeps accurate information close at hand.

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Essential Oils Guide Reference for Living Young Healing

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