

## [THE ESSENTIAL OILS BOOK](#)



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### **The Essential Oils Book Creating Personal Blends for Mind**

This book was a very good introduction into using essential oils but still overwhelming. I haven't had a chance to try any of the blends that are talked about, but I just ordered some unscented shampoo so I can add some oils to it. I'm very interested in pursuing more information about essential oils.

<http://ebookslibrary.club/The-Essential-Oils-Book--Creating-Personal-Blends-for-Mind--.pdf>

### **The Complete Book of Essential Oils and Aromatherapy**

The bulk of the book is devoted to how to use essential oils for healing and wellness. There are specific recipes and instructions for everything from work stress to head lice to spa treatments to applications for pets.

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### **The Essential Oils Book by Colleen K Dodt AromaWeb**

The Essential Oils Book is a 152-page book suitable for beginners. Intermediates will most likely also find a few nice little tidbits within this book as well. This book has received high praise for being a great book for beginners. This book contains practical, holistic, and safety-oriented advice and recipes for the beginner.

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### **The Essential Oils Book Creating Personal Blends for Mind**

Fragrant essences lift the spirits, stimulate the senses, and enhance relaxation after a trying day. This practical guide shows how essential oils -- used in the home and on the go -- can greatly improve the quality of busy lives.

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### **Top 5 Books On Essential Oils and Aromatherapy Essential**

4. The Complete Aromatherapy and Essential Oils Handbook for Everyday Wellness The best known way to use essential oils is through massage. In this comprehensive book there are many, many more ways to use the oils for everything from arthritis and asthma to high blood pressure and constipation.

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### **Books Distilling Essential Oils**

Distilling essential oils. The book The Essential Oil Maker s Handbook has been a bestseller in its field since the first edition in 2006. It is the only practical and detailed guide that deals with the production of essential oils and hydrosols on a small scale.

<http://ebookslibrary.club/Books-Distilling-Essential-Oils.pdf>

### **The Essential Oils Hormone Solution by Dr Mariza Snyder**

Praise The Essential Oils Hormone Solution is both enticing and practical. I just love the idea of using the ancient science of essential oils to help women regain hormone balance and vibrant health.

<http://ebookslibrary.club/The-Essential-Oils-Hormone-Solution-by-Dr--Mariza-Snyder--.pdf>

### **The Essential Life Collection Books Workshop Kits and**

Oil Life Sticker Book - similar to the bookmark, these stickers have a special place on each blend page of The Essential Life & The Essential Basics to help change a generic book into a brand specific reference guide. But, it doesn't stop there, with enough stickers to serve as cap labels, as well as blend and sample identifiers to organize your collection in style.

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### **The Complete Book of Essential Oils and Aromatherapy by**

This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author unlocks the power of essential oils in more than 800 original recipes.

<http://ebookslibrary.club/The-Complete-Book-of-Essential-Oils-and-Aromatherapy--by--.pdf>

### **The Complete Book of Essential Oils and Aromatherapy by**

This book could also be titled "Everything you could ever Possibly do with an Essential Oil" I did find it was missing some information. I was looking for something that addressed the effects of scent on mood and emotions.

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