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# Essential Oil Recipes: One Drop At A Time



## Synopsis

If you want to gain a deeper knowledge of how to use Young Living Essential Oils, this book belongs in your collection. One of the most delightful surprises as an essential oil user is the constant discovery of how many wonderful uses each essential oil is capable of. The magnitude of this knowledge and the search for effective recipes can be somewhat overwhelming at times, for both beginning and seasoned Oilers. This book is a culmination of the "Best-of-the Best" recipes used successfully by select members of the Young Living Organization that I belong to. This 92-page book includes a Frequently Asked Question section, and covers a wide array of topics with approximately 275 recipes in an easy to use layout, with room beside each recipe, as well as blank pages in the back of the book, to note your own modifications and experimentation. This made-with-love book is a wonderful resource designed to free beginners from intimidation and feelings of being overwhelmed, as well as allow advanced essential oil users to broaden their experimental oil horizons. Wellness • Immunity • Respiratory Support Concentration • Increase/redirect Focus • Improve Concentration Mood Enhancement • Stress Management • Happy/mood lifter • Energize Bedroom • Aphrodisiac • Lubricants • Sweet dreams • Relaxation Beauty • Face wash • Toner • Moisturizer • Lip balm • Microdermabrasion • Trouble skin Hygiene • Deodorant • Hand Sanitizer • Soaps Men • Beard • Aftershave Kids • Scented Finger Paint • Therapeutic Play dough • Owie help • No More Missing Mommy Cleaning • Household cleaner • Carpet Freshener • Room Freshener • Dusting Spray Cooking • Popsicles • Infused Apples • Dips • Ginger bread people • Cookies

DISCLAIMER: This document is a compilation of recipes used successfully by persons who use Young Living essential oils, a company which is • proud to set the standard for essential oil purity and authenticity by carefully monitoring the production of [their] oils through [their] unique Seed to Seal process. • The willingness of individual users to share these recipes is very much appreciated. However, contributors to this book and myself included are not medical practitioners and cannot diagnose, treat or prescribe treatment for any health condition or disease. Before using any alternative medicines, natural supplements, or vitamins, you should always discuss the products you are using or intend to use with your medical practitioner, especially if you are pregnant, trying to get pregnant or nursing. All information contained within this book is for reference purposes only, and is not intended to substitute advice given by a pharmacist, physician or other licensed health-care professional. As such, we are not responsible for any loss, claim or damage arising from use of this

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## Customer Reviews

A must have for anyone that uses essential oils on a daily or regular basis to improve their overall well being! Excellent in soooo many ways! Check it out!!! A great variety of recipes for many different applications!

This is an awesome book for the Young Living Oils! I have been a user of the Young Living brand now for almost 3 years. These Oils have changed my life as well as my families. I love that this is a paperback book that I can slide right into my day planner and take with me everywhere so that I can share it. The recipes are great and I see some familiar ones in the book that I have used for years now. Also has lined notes area in the back of the book to add any other recipes you make yourself so you can keep them all together. This book is nicely done and has tons of recipes and information in it. I also like the fact that there is an abbreviation guide in the front for those that are beginners to learn the lingo of our oily world. Great table of contents as well as very neatly organized by categories. Came via media mail in an envelope that was thick and in one piece unlike others books I have received over the years from other vendors. I also love the personalized customer service of the author herself who shipped along with my two books that I ordered a handmade thank you sheet I am assuming that was drawn by her precious little one, as well as a mini adult coloring book with a pack of colored pencils. I was so touched when I opened my envelope and saw my little extras. I also want to say that I ordered and literally had it within less than 3 days. So love Ms. Brandy and her sharing with all of us what we all have obsessed about over the years. Now I have all my recipes in one place. Hooray! Thank you again Brandy

I am in LOVE!! This book is exactly what every YL oiler needs in their life! What a great assortment of recipes. I can now throw out all the tiny pieces of paper I have written down many recipes on , because this book has them all and more. Very well put together! I love the cover color, weight and size of this book. Very easy to carry with me to explore blends and share with friends. I am directing everyone on my team to this book. I will also be purchasing the first book to give to all my new YL members !!

This is SUCH a wonderful resource! A great tool, especially for someone brand new to oils. This little book gives a brand new person the opportunity to use their oils without being so overwhelmed! Recipes for everyday life! Highly recommend this helpful resource for yourself or to give to new customers that purchase kits from you.

This is a must have for anyone new to the essential oil world. It's nicely organized and covers a wide range of ailments and uses for our beloved oils! Even if you don't use Young living oils, you can make most of these recipes. Occasionally it will call for a specific YL blend.

This is my go-to recipe book for essential oil recipes! I use it to make roller bottle blends, facial products, pain creams, etc. for myself and friends and family. I also gift it to clients. The book is well organized, and the Table of Contents makes it easy to go right to the recipe you need. Love it! I also have the new Love at First Drop recipe book by the same author. Equally awesome!

I received my Essential Oil Recipes: One Drop at a Time book of recipes today and I can't wait to start digging into it and making up some concoctions to share with my family members and for myself. I plan on sharing some of these recipes with my dear friend who turned me onto the aroma therapy essential oils to begin with. I notice that there are allot of oils I still need to get and I plan on getting since I will need them for certain recipes. I can't believe all the oils that are available and so many are needed. By the time I get done, I will need a cabinet just for my oils and my rollers to apply them. I love using my diffuser also and with the recipes I can put in that is great. Thank you Brandy Jones Arnold for a wonderful book that I will cherish forever!!!

This book is amazing!!! I started tagging recipes I wanted to try and ran through my entire pack of tags at about 3/4 way through the book! I love that when it shares a recipe, it often will give you several versions with slightly different ingredients so you can choose that one that best suits your

needs, your preference in smell, or what ingredients you have on hand. It includes many different areas such as rollerballs, lotions, creams, cleaners, bedroom desires, safe for kids, etc, etc, etc. It also includes vital information on vita flex points with a chart for hands and feet, carrier oil information, safety info, etc. It has a table of contents up front to easily find what you are looking for at a glance, and it has many lined pages in the back to add in your own recipes too. This book does use Young Living blends in the recipes, so if you use a different brand, you may need to figure out a comparable blend from your company, but I am finding these recipe ideas to be extremely helpful in eliminating toxins from my home and keeping my family healthier! It's a must have for an oily family!!

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