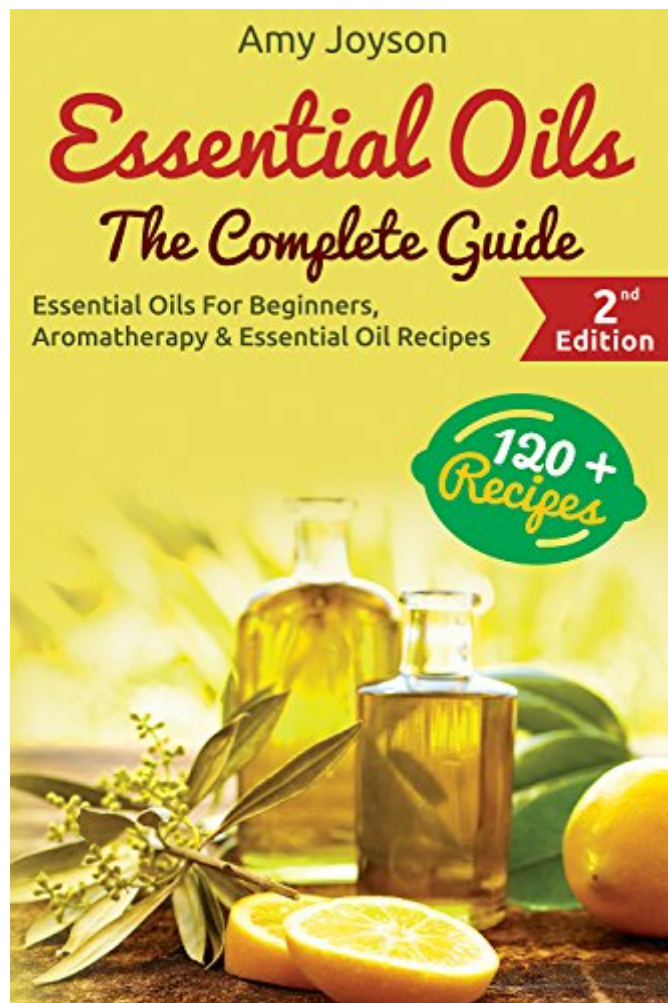


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# Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes



## 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 Beginners. Furthermore, Essential Oils - The Complete Guide: Essential Oils For Beginners, Aromatherapy & Essential Oil Recipes brings essential âœ know howâ • about these remarkable substances. You'll learn how to: Use and store carrier oils Understand the difference between carrier oils and essential oils Create over 100 oil blends Massage with essential oils Use essential oils with your pets Download Your Copy of Essential Oils - The Complete Guide: Essential Oils For Beginners, Aromatherapy & Essential Oil Recipes Right Now!

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## 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 its 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).

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