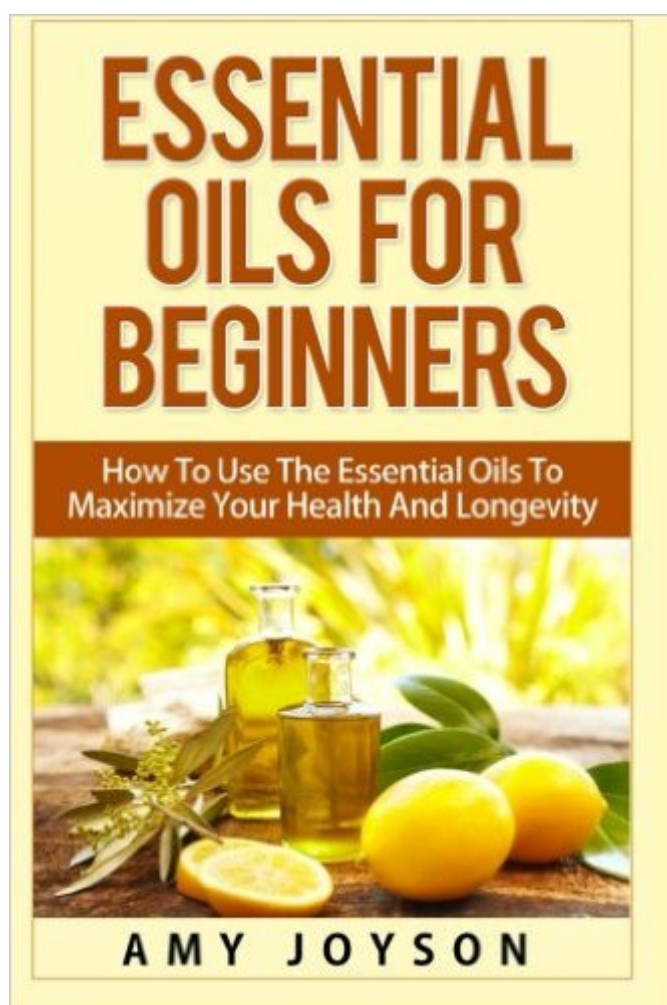


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# **Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1)**



## Synopsis

Transform your health with the definitive beginners guide to Essential Oils! Get 2 FREE Ebooks with this guide Are you ready to improve your health and vitality with the use of nature's greatest medicines? Allow me to introduce you to the world of essential oils and aromatherapy. In this book there is absolutely no prior knowledge required, and everything is explained in simple, easy to understand steps. There is simply nothing more important in life than good health. Health is either the facilitator or the limiting factor in doing and achieving what you want from our time on this gorgeous planet. What if I told you I could teach you a natural treatment that takes care of both your mental AND physical health at the same time? What if I could teach you how to cure your common cold without the use of drugs? What if I could teach you to start the day exploding with motivation and energy, whilst finishing the day calm, content and stress-free? All of this and SO much more is possible through the proper application of essential oils. Let me introduce you to the amazing world that is going to transform your life. Here is exactly what you will learn whilst reading this book

- A history of the essential oils
- What exactly essential oils are
- The 3 key techniques for extracting essential oils and an explanation of grades
- A guide to buying essential oils
- The 3 important ways to administer essential oils
- How the essential oils work in the body
- 10 important rules of safety
- A detailed guide to the 30 most important essential oils
- What are the carrier oils and how to use them
- A detailed guide to the 10 most important carrier oils
- A detailed guide to using massage in aromatherapy practice
- 12 of the most helpful recipes and remedies for everyday use, ranging from preventing hayfever and allergies, to solving insomnia and clearing acne!

Buy now to begin your journey through the exciting world of essential oils and aromatherapy!

## Book Information

Series: Essential Oils And Aromatherapy

Paperback: 224 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (February 6, 2015)

Language: English

ISBN-10: 1507812574

ISBN-13: 978-1507812570

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (263 customer reviews)

Best Sellers Rank: #131,163 in Books (See Top 100 in Books) #141 in Books > Health, Fitness &

## 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).

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