

ROBERTA WILSON

THE Essential Guide TO Essential Oils



The Secret to Vibrant Health and Beauty

Previously published as *Aromatherapy*

Roberta Wilson

The Essential Guide to Essential Oils: The Secret to Vibrant Health and Beauty



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The definitive resource for the holistic art of essential oils. Today, offering specific, easy-to-follow quality recipes to prevent illness, reduce tension, enhance physical and mental health, boost energy, and even revitalize appearance, The Essential Guide to Essential Natural oils (previously published as Aromatherapy) gives visitors all the information they need to tap into this healing art and take charge of their health, including:

- A thorough A-to-Z set of common circumstances and their essential oils remedies
- The basic principles of using essential oils, and also the history, effects, and correct application of the very most powerful healing recipes
- Unique beauty-care treatments for rejuvenating skin, hair, and body

The Essential Guide to Essential Oils teaches a healthier, even more balanced, and sustainable life-style, helping readers begin using essential oils within their daily lives--whether they are doing so for years, or are just starting out. Techniques and equipment for using plant essences and oils--from atomizers and baths to compresses and inhalants

Essential oils are powerful, safe, and toxin-free of charge tools for healing the body, mind, and spirit that have been around for years and years.



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A Great Gift Something special for my mom who has recently become an important oil mixing enthusiast. The info is in depth but not overwhelming. An educational and practical guide to using essential oils. Five Stars great read for help with tips on EO Really good book I actually am delighted with the books and also the speed in which they arrived.. Organized Want she added more info, but I love how everything is split up into sections. This book is beautifully designed, with tips on how best to use . Five Stars Very helpful and good reference Wealth of details, but book condition when it all got here not good Is a wealth of info, but the condition of the books when it reach here could have been better, they where take down a little bit and I also expected them to maintain one particular parcel not two as the main one was completely open up when it reached here Five Stars Great resource.. This book is beautifully designed, with helpful tips on how best to use oils, the benefits and fun-to-know facts. I head to this reserve as a reference before going to any website and have found again and again that what the authors have got studied and experimented on is true. It can be laid put in three sections, which reinforces learning. No complaints right here, definitely good for a beginner. I really like this book. I' d 100% recommend this to anyone who has a enthusiasm for essential natural oils and wants to know more. She experienced hours of fun pouring over the pages and writing down natural oils she desired and recipes she wanted to lead to herself or friends/family members. In a single section she describes each essential oil and its uses, in another she discusses methodology and inthe third quality recipes, using essential natural oils, organized by the condition you are treating. I would recommend this for anyone who is interested in truly being educated and informed on essential oils. I did not purchase this publication from Amazon, but from another supply but i still wanted to allow Amazon users understand they can' t fail with this book.



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