



THE COMPLETE BOOK OF ESSENTIAL OILS & AROMATHERAPY

Over 600 Natural, Non-toxic & Fragrant Recipes to
Create Health & Beauty & A Safe Home Environment

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The Complete Book of Essential Oils and Aromatherapy



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A necessary resource for anybody interested in alternative methods to healing, this reserve contains a lot more than 600 easy-to-follow dishes for essential oil treatments and aromatherapy.



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It has a large amount of information, but We wish it had been more in depth... Also, it arrived a whole day early, that was awesome b/c I was itching to begin with! I really believe it has over 600!.. Excellent reference..... anyway.... I spent 2 hours reading reviews on various other suggested EO books, and I believe I came across my unicorn... For instance; The essential oil and carrier oil profiles are simply a plus for me personally. Julia Lawless, The Encyclopedia of Necessary Oils (my go to quick reference), Robert Tisserand, Essential Oil Safety (he writes the reserve on essential natural oils! It provides many seperate sections, and it has a lot of information! It has over 800 essential oil blends, which I am happy about, as it's why I ordered the book. I've included a image so you can see how thick with details this book actually is! There is also a lot of information in this reserve for using essential oils with children. I really like that she has the blends organized according to ailment. I have an 18 month older daughter and I usually seek the natural path first. There is a great section on skincare and hair treatment with essential natural oils and carrier oils, in addition to insomnia, both sections I've personally found most useful up to now. This big solid and heavy instruction I refer to several times a week as I buy even more oils for our household needs, with both people and domestic pets of several varieties. I wanted one catch-all essential oils manual that would give me all the info I have to have an extremely solid, long-lasting working understanding of EO usage and program but that would still give me the fundamentals in a logical format therefore the book is useful to me as a beginner. It's chock-full of recipes and long-standing remedies. There isn't one carrier oil that's not good for all pores and skin types! I also don't like the fact that lots of of the recommendations of carrier natural oils and essential natural oils for skin and locks, are extremely general. No-one knows everything from experience but this great publication will. It creates it harder to flip through the web pages quickly, and Personally i think I have to be very gentle, as not to tear the pages. You will see yourself referencing it over and over. I use this gas quite often and I would have liked for this to be used in a few of the blends. That is about the KINDLE edition only. It does have a whole lot of information! Happy! I could see this reserve getting some make use of in my home. I've many books on essential oils and I'll add this publication to the collection. The carrier and gas profiles are good, and I like that there are carrier essential oil profiles, instead of just gas profiles. UPDATE: I needed to revise my review. I'm just a little annoyed with the business of this book. Now that I've stated the positives, listed below are the negatives. I purchased this book mainly because of its blends. She will not give any absorption prices or comedogenic rankings for carrier oils. I have already been using essential oils for 10+ years, so this book was bought for a little bit of motivation for blends. every carrier oil is good for All Skin Types! If you found my review helpful please i want to know by clicking on below. I have a fairly extensive assortment of books on the subject but I will not need them any more. The best authors are; I like that this publication has many chapters. Many thanks! Fabulous book on essential oils. The Bible of Essential Oils For many, this is actually the preferred reference book on the topic of essential oils. This book is informative and comprehensive. It's apparent and concise. I also didn't see any uncommon essential oil profiles and I was very surprised there is no oil profile for or mention of moroccan blue tansy essential oil. And there are even cooking dishes for using essential natural oils in food! Numerous the dishes for blends consisted of a single letter per line, if they had been included at all. She was an expert long before the fundamental oil craze. She wrote this in a straightforward clear-cut manner without the hype. Honestly, if you want essential oils you will enjoy this book. Additionally, this is actually the newer edition; it's the one you want. I'm very keen on this book. It's a treasure. DO NOT Purchase DAMAGED KINDLE Edition, get printing

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