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ESSENTIAL Oils

All-natural remedies
and recipes for your mind,
body, and home

Susan Curtis and

**Essential Oils: All-natural remedies and recipes for
your mind, body and home**



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An instructional reference information to essential natural oils and aromatherapy from professionals at Neal's Backyard Remedies, a trusted source for natural health and beauty products. Whether your home is an all-natural way of life or you are simply beginning to use alternative methods to eliminate synthetic chemicals from your own everyday products, Essential Oils is filled with authoritative information to answer your questions. This visual guide features comprehensive profiles of 88 important oils, full-color photos, and helpful assistance for using, blending, and storing. Discover ways to harness the healing powers of important oils for treating maladies and enhancing mental and physical well-being. Use homeopathic alternatives to take care of everyday medical issues, including pimples, PMS, insomnia, and indigestion, and rebalance your energy, enhance your focus, and launch stress. An illustrated A-to-Z reference section helps identify the most readily useful oils, in addition shares tips about application methods and therapeutic massage techniques, and up-to-date safety recommendations help you learn how to utilize them for obtain the most. Essential Oils will help you improve your overall well-being and begin you on the path to a more natural you.



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Bought one for mother and one for me THE VERY BEST book for me-a beginner. The newest Neal's Backyard book is beautifully illustrated and organized in a very useful format. A lot of great information is packed into this book. This is among the best books on essential oils that I have ever seen. Great resource to have readily available. Best for anyone - from newbies to professionals! Chock full of all sorts of information! THEREFORE I always have to check out the back index to discover what I want. I have a few currently, but this is brilliant! I am a distributor for Young Living, and believe that this is a secured asset to my business. It is easy to understand and includes a well laid out glossary and index which helps a lot because the EO titles are alphabetical by the Latin names. I especially love what sort of writer has highlighted which oils are safe for children, which way they can be utilized (topical, ingestion, inhalation, neat, diluted, etc). It allows anyone at any level to leap into using essential natural oils because of their health and wellbeing. Happy to have in my library Gorgeous book filled with wonderful and thorough information. Can't recommend it enough! I have a few essential oil books and was worried this may be considered a little Neal's Yard focused but it's not really- it is phenomenal. I do not know latin. In addition, it includes some DIY recipes that are very easy to buy elements for. This would be a great book for anyone just starting out with essential oils but it's also a great reference for anybody who has an interest in important oils! Every essential oil I research has information and photos and makes it simple to understand and what things to mix for the perfect blend! Magnificent Style, Thorough and Useful After buying 4 books upon this topic, I finished up returning 3, and keeping that one. It is definitely beautifully organized, and a wonderful reference for anyone who may be interested in essential natural oils whether for finding out how to use them, to the many quality recipes that are included. I wish there were more manuals on how to put together diffuser blends, but overall, this book shines because of its corporation, its indices, design and design. Of particular note is the quality of paper utilized, the use of color, graphics, and even the page numbering program, which is graphically situated in the center edge of the web page, where a person would be thumbing through it. Excellent. This book will never be an encyclopedic reference for those who require far more comprehensive analysis, but I especially love the illustrated and beautifully written (along with their latin names) explanation of the origin, uses and blend suggestions. A well-planned and written book. Best book by far! This book is a life saver with oils for me. The visuals for every of the essential oils talked about in the reserve are by far better than any various other book I own so it makes it very easy to understand and very enjoyable to read! Good for beginners This is an excellent beginner book. I recommend! I do wish there were more recipes. nice clear photos with readable recipes Exactly what I needed. This one is easier to use.

All in all, it is an excellent keeper. I love the fact I could order the book in binder form making page turning easier. Everything and more! The just negative is thatthey put the essential natural oils in the a-z purchase for the latin name. I love all of the recipes and the profile of not merely individual essential oils but also additional botanicals used with them. I've been using the index a lot when I want to locate a specific oil – After all, that's what it's there for. However, there isn't much dishes that I hope to get. It's best for beginner's learner. Great information Easy to read and understand. Beautiful photos, useful information regarding essential oils Great Layout I love the pictures and design of this book. The thing that may be better is the natural oils being listed in alphabetical order so they are better to find, nonetheless it doesn't make a huge difference the book continues to be great! MUST HAVE This is an amazing book for those who are not used to essential oils and blends. I really like this book! Overall, it's an excellent book and I have enjoyed it. I love that in addition, it includes helpful recipes. Information on essential oils can be unreliable, so I love that I can trust DK for right information. Great read! This book is quite informative and super helpful! So helpful! That is one FANTASTIC book. The photos are stunning. I cannot place it down! I got the hardcover also. It really is just as shown, nice clear pictures with easy to read quality recipes. Uses for EO's and explanationof benefits short and sweet. I'm beginning to learn about essential oils and found this reserve to be a great reference. The pictures are beautiful and the layout is effective. However, I do desire the A-Z list was arranged alphabetically by the common name rather than by its Latin name. Expect More This would be a good book for knowledge based information. It has so many different types of oils.



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