

FRENCH

Aromatherapy

ESSENTIAL OIL RECIPES & USAGE GUIDE



JEN O'SULLIVAN

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French Aromatherapy: Essential Oil Recipes & Usage Guide



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French Aromatherapy may be the art of using essential oils that encompasses all methods of use: aromatic, topical, and internal. The most comprehensive recipe and usage guides that utilizes the French Aromatherapy method. Become familiar with proper safety precautions and how exactly to implement essential natural oils into your entire lifestyle. This publication gives over 300 quality recipes to assist you better understand and use your essential oils.



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and am glad I've it. Just utilize it right. Wanting more complex knowledge, I started researching online; details gleaned was varied, and I discovered that 'the experts' didn't always recognize. I am so glad that I opted for this book, ordered another one for a pal of mine also relatively new to the world of effective essential oil use, and have recommended it to 2 of my neighbors, besides. Type in Jen O'Sullivan's book, "French Aromatherapy. Perfect oiler's tool So excited to finally have this in my own library. I have had the book for a little over 2 months now, and make reference to it often. I love how Jen provides shared her expertise in such a readable, concise format - explaining things in-depth but, in an an easy task to comprehend and understand way. I decided I got to get and latch onto what worked well for me personally. I am never bothered that Jen's essential oil provider of choice results in. Jen has really performed her homework. (yes I am a green personality). I don't observe how this gets 5 stars unless you are a Adolescent Living distributor. Who doesn't? Buy this publication.. It's is filled with recipes, and also includes very great information about how oils work, how to create your personal blends, and how different carrier natural oils work. I purchased this book to understand about Oil Mapping. If you love essential oils If you love essential oils, you will need this reserve. It has so much valuable details that it addresses, and the recipes sound great. My copy has doggie ears, and underlines for future reference. I'll refer to this book for a long time to come!"I purchased myself a copy predicated on advertisement details, reviewer responses, the affordability of the reserve, and also after researching Jen herself online. Jen O'Sullivan did a fantastic job of installation of the book in an clear to see format. There are a ton of dishes, blends and tips that I cannot wait to try. Great teacher! STOP!.. This is a publication of recipes using the oils. I have read this book cover to cover twice already! I have learned so much! That is my go to book for everything oily!! Great small recipe book! Very interesting book Great book to explore the French side of using essential oils Live Vitality A great publication to read. If you are searching for a source with lots of recipes, this is a terrific one to have a look at.), regardless WHO the maker/company is. It's little - and is not intended to be considered a complete reference or safety guide - but it's an easy read, and is certainly one I will refer to for recipes again and again. BUY THIS Publication if you use or want to use essential oils Just what a great book. She actually is privy about natural oils; Great resource! This is actually the 5th publication (from numerous authors) that I've purchased concerning essential oils and it is - by far - the best. It's easy to understand, laid out very well, and is a joy to thumb through. I'm about to purchase another of her books. The beginning of a great love I had no Idea who Jen OSullivan was. Much to simplistic I was really wanting some in depth details. The referential cart was the thing in the publication worth reading. At one point she instructs us to learn about the constituents of the oils, but makes no work to explain further. I gues we need to buy another reserve that is clearly a true reference book. We usually am a "look it up as I want it" kind of person with regards to oils. Which is fine, but it gives the reader no deeper information regarding the oils.. She is such an educator that I really was hoping to glean useful details. Needless to say she prefers one gas provider over another - who wouldn't? It requires about an hour to read when you skip the dishes. There are dozens of formulas that are very easily produced. I didnt know what natural oils she preffered. I didnt know she was a Certified Aromatherapist. I read the component... FRENCH, she acquired me at French. I am in a Science field of practice and today because of her I am performing 3 certifications for Aromatherapy. If you are looking for Knowledge. I usually am a "look it up as I want . What matters to me can be that Jen will not openly indorse any supplier by name, but offers prudent guidelines for selecting your personal. If your sister friend or neighbor may be the starts in oils regardless of the brand stop and buy this book for them. You can jump on a site that has other

folks nuggets which are wrong the whole day (they do involve some good house tips tho). But here you jump into a world of truth. A global were you are taught not just basics, yes you will need those but a way to grow in your field.. Dont by additional books for me. I dont. Would recommend Very informative. She is one of them. those that are of excellent, good quality, and the ones that are of low quality. So go, learn and find out the proper way no matter what you utilize. I am relatively new to the globe of topical essential oil use, but am very enthusiastic after exceptional great things about essential oils first hand (diffuser, topical applications, and more recently - ingesting). I've a handful of people I buy from and they are vetted. I have used this reserve OFTEN! This is among the first books I bought in my own Essential Oiling Journey...AN EXCELLENT INVESTMENT FOR THOSE SERIOUS ABOUT ESSENTIAL OIL USE!. Two Stars I was searching for a less "woo woo" information.I refer back again to it from time to time.. Also, her various gas recipes and blends aren't 'provider-biased' - just the usage of a specific type of essential oil (cedar solid wood, lavender, Copaiba, cypress, etc. So glad I got the Kindle edition and only spent \$7.ALL of Jen O'Sullivan's books are something you need to own!! This is among the best books I've read about using essential oils.. I gave this aside.. To perform if thats all you have to to love character and what it offers. This is a fantastic reference information for a long time to come! Jen O'Sullivan's books are readable and understand while providing the very best information possible.Overall, this book offers great and viable info that can help guide, support, and instruct anyone thinking about expanding their understanding and use of essential oils - from the novice to those more experienced and advanced in their understanding. It really is obvious that she has done lots of research and really believes in the value of using essential natural oils. Two Stars Expected better Five Stars Jen O'Sullivan gives us more useful information using essential oils.



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