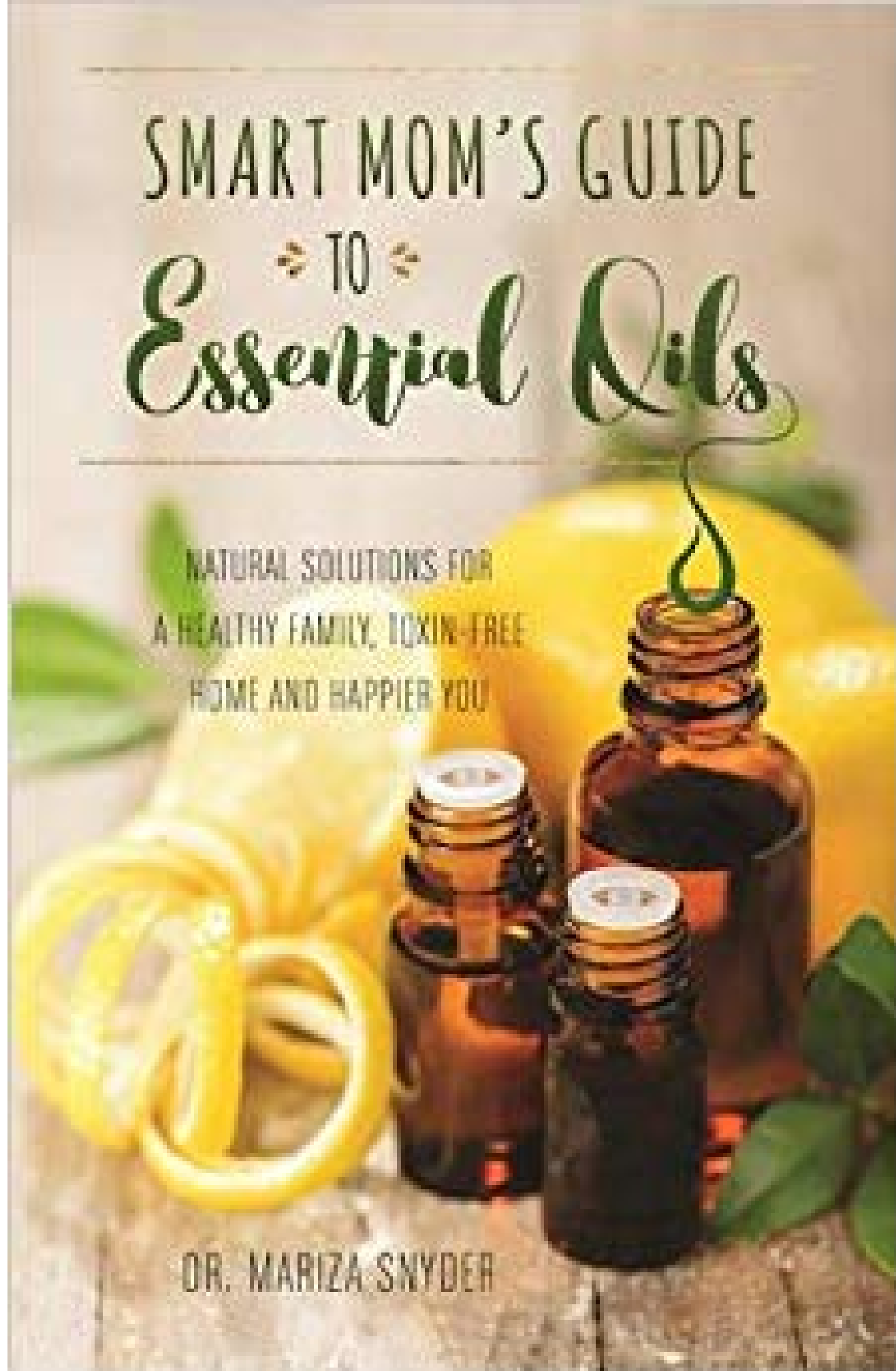

SMART MOM'S GUIDE ✿ TO ✿ *Essential Oils*

NATURAL SOLUTIONS FOR
A HEALTHY FAMILY, TOXIN-FREE
HOME AND HAPPIER YOU

DR. MARIZA SNYDER



Mariza Snyder

Smart Mom's Guide to Essential Oils: Natural Solutions
for a Healthy Family, Toxin-Free Home and Happier You



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Offers over 50 of the most useful essential oil recipes for tackling every mom's daily needsAs a mother, you are always looking for ways to make your loved ones safer, happier and healthier. That's why this helpful handbook also includes a powerful regimen to lessen stress, increase energy and maintain your own personal vitality. And you'll cut costs! Fennel and Eucalyptus respiratory comfort rub• Peppermint and Grapefruit energizing atmosphere diffusion•An easy-to-make use of handbook for creating natural solutions, green cleaners, and toxin-free personal care products, the Smart Mother's Guide to Essential Oils provides genuine and potent recipes, including:• Citrus-infused washing spray and scrub• Lavender and Melaleuca skin-soothing salve• Spearmint-powered digestive aidYour family's wellness begins with you. Chamomile and Vetiver stress reliever• This publication shows how essential oils will help you achieve those things.



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I love just how this book is set up I love just how this book is set up, Beginning with chapter 1 Explaining the annals of essential oils and how they're produced, and how to choose the right essential oils. And a chapter on 25 will need to have oils and their utilization and benefits, I came across this section extremely educational. Then there is a chapter on everyday dishes for emergencies, and the quality recipes are broke into age groups therefore there is absolutely no guess work on how many drops, this I found very helpful. A chapter on how best to make your own cleaning items with detailed quality recipes and there is a good shopping checklist to obtain started." Consider your brownie points ladies.! Chapter on self treatment rituals from morning to evening using essential oils in drinking water, smoothies, shower and bath blends. Last chapter on women's hormone wellness from stress management, energy,weight management, rest, intimacy,to menopause, all with complete recipes. The title intrigued me because I'm a mother and it's only \$10! Thank you for helping me gain my knowledge and bettering myself to be able to tell my friends. Get this one. This book is IT! I'm a mom to a 2 & 3yr outdated and love using my essential natural oils, but sometimes experience less than confident with recipes and what is certainly/isn't safe. This book is strictly what I wanted. Love it Easy to read, with a whole lot of good information. This reserve is FULL of recipes (dilution amounts noted for different ages!!! WOOHOO!) that cover ALL my requirements with my kiddos! It is so easy to read - there's a little bit of science in the beginning, but 2/3 of the publication read kinda like a recipe book with various choices listed in an easy to read format. She goes into the in-depth procedure, chemistry and production ways of EO but also writes to those of us with out a PhD in chemistry who simply want practical explanations. Beauty, bath, washing.. You can easily examine and understand. Why?I've a billion different EO books, but that one is definitely likely to be my GO-TO. Thank you Dr.! It gives you a holistic use for the oils I love this book. Very practical guide, full of dishes and great info!! Mariza for finally making an EO book for us mamas! Important oils can do that for you I have friends who sell essential oils. And although they've tried to explain it all to me, I desired to sit back and read up on it.If I ever had a question about essentials oils, writer Mariza Snyder answers it. The book is comprehensive but very accessible, like talking to an excellent friend. Whether using essential natural oils for aromatherapy, topical reasons, or cooking, one thing Snyder says is important is to check the quality of essential oil. Mariza Snyder spoke at I was motivated to start using my natural oils and I proceeded to go home that night time and bought this reserve.Snyder devotes a big section of the reserve to different essential oils with explanations and tips for use. Very useful to the novice! Later on sections include blends that can be used for anyone but can be hugely useful for children. You can help the ouchies go away, among other things, making you the "smart mother. A chapter on personal

beauty care recipes. You've gained them. My favorite sections are the health and beauty/ home cleaning. You can find enough chemicals on earth so to have the ability to use a secure alternate, at least in the home, is a fantastic feeling. I am all about the complexion blemish blend and the foaming hand soap. The author is quite knowledgeable and it's Filled with recipes, charts and suggestions. I like the dishes but I think a few of the advice is questionable This book includes advice that I have already been taught is a little excessive. I understand that if I'm feeling icky, need an energy burst, or have to clean something, the solution is just a few page flips away. A must have for EO lovers I have read a great number of essential natural oils books, and I could honestly say this is my favorite. it's all encompassing for removing gross and harmful chemicals from our family! It's everything I need in a lovely book that I have within my fingertips whenever I need it. It provides diffuser blends, roller bottle blends, spray bottle blends, cleaning quality recipes, and more. The best thing about this publication, though, is that Dr. ? Great Book. It's definitely a need in every house these days. Furthermore, my son has absence seizures, a mild form of epilepsy. Happy with my purchase. Mariza for including info such as this in this publication. If you are searching for an incredible resource that isn't overwhelming, but still filled with excellent information, understand this book. Hoping probably someone else can benefit from it too! You will love it. Initially I was therefore intimidated by the enormous amount of information regarding oils that I would purchase numerous natural oils and arranged them in a bin.! I use it for aromatherapy, to create mixture for my daughters pimples breakout, hair products. Best resource for Essential Oils I've found! After going to a seminar that Dr. You don't need to waste your cash with unnatural elements and bad concentrations. She was therefore inspirational with her interest for the natural oils and her enthusiasm was supported with simple to use quality recipes that I possibly could make on my own. Now my biggest concern is I have so many "post-its" of recipes that I want to make that my publication is packed with them. Thank you for writing this book Dr. Bought one for my daughter too! Must have for gas use with children Excellent blends & You can easily read and understand This book is so full of knowledge it makes me not want to place down.. Rented it first from the library and couldn't place t down. Love This Book ?????????? Yes.! proportions for each and every age, very useful & thorough Great Gas bookd I like this book a lot more than some of the other essential oil guides because it gives multiple quality recipes. Not merely does it include home remedies but it also gives you recipes on how best to make your own soap, shampoo and household cleaners and what oils are safe for babies and children of different age groups. Before this book, I hadn't known of the natural oils to avoid if you have epilepsy, so MANY THANKS to Dr. I use this as well as the gas handbook. Fear no more! I've a certification in important oils use, and

the info presented in this rings true with what have discovered about essential oils. Great guide for essential oils Easy read for lots of good information regarding essential oils. Mariza Snyder! You need this book! It's not technical and it gets to the idea and explains it very well. People NEED to know that oils may be used with kids, but not just as we use them as adults. This book has become my head to publication I am definitely not an expert but I am becoming familiar plenty of that this book has become a reference information. In the aromatherapy qualification classes I am going to, we have been taught to use the least amount of oils possible to perform a job. Generally, no more than a 3% dilution is plenty, even to take care of acute issues. This reserve recommends using 10-25% dilution and recommends that important oils (just at 1%) may be used on infants of 3 months old. Everyone is different, but for me, the publication has information that I don't feel is good. Having said that, there are many nice recipes in the publication. It is easy enough to simply use fewer drops of gas to lower the dilution if you have been taught to use less. YAY! However, this generally qualified prospects me to getting fearful of using my oils on them. My experience with important oils has been either sizzling hot or frosty: either I don't contact them because I'm overwhelmed, intimidated or scared to use them up too quickly, or I go to the other intense (like cleaning my entire house with them and freaking out when I recognize I've utilized 2/3 of a bottle in one day). I've had a hard time finding a healthy stability and figuring out how EO could work for me specifically (and my budget is tight). I really wanted something that would be a great, unbiased educated resource to greatly help me prioritize and utilize the oils I have carefully, available all in a single place. (So I don't possess to try and find a recipe I pinned or search through old Facebook articles.) Anyway...I ran across this book in Amazon. This reserve from start to finish is certainly great it is for anybody from beginner to very long time user of essential natural oils. Best resource for Essential Oils that I have found! Chapter on Moods, diffuser dishes and steps to make them into roller bottle blends, again that is great no guess work. I've been studying it the last couple days, and without a doubt, I love it! By the end of the reserve, you should be prepared to make essential oils a lifestyle, incorporating it into your daily routine. It has dishes for kiddos/babies - but also for me as well! Whether you are new to oils or an expert, this is something you should own. Mariza spent the time to share how to dilute oils for kids (why EVERY essential oils publication doesn't at least have a disclaimer upon this is usually beyond me). We have been responsible for our homes which gives confidence on using effective organic solutions. I bought this reserve because I wanted to start out doing more aromatherapy. I needed a reserve that will assist me know the benefits of the natural oils and what mixtures to use. This book provided me that and even more. I am new to buying Essential Natural oils and now I could

finally state that I am With them. Body lotions , house cleaning and my smoothies. This book offers you a holistic using the natural oils. If you're looking to do things more naturally then you need this book.



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