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# Essential Oils

THE COMPLETE A-Z REFERENCE of  
ESSENTIAL OILS *for* HEALTH *and* HEALING

## *Natural Remedies*

FROM THE  
CREATORS OF  
THE *New York Times*  
BESTSELLER  
*Essential Oils for  
Beginners*



Althea Press

# Essential Oils Natural Remedies: The Complete A-Z Reference of Essential Oils for Health and Healing



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From the Creators of the New York Times Bestseller Essential Oils for Beginners The healing properties of essential oils are virtually limitless. Essential Oils Natural Remedies offers essential oils practitioners of most levels a comprehensive home reference for a lifetime of health-related needs. It is possible to put them to function today without the hassle, expenditure, and frustration that come with consulting doctors and acquiring prescription medicines. Easy-to-navigate A-to-Z guide to remedies that heal or mitigate symptoms for a variety of ailments, from acne to migraines to Parkinson's disease, and more Special features explain how to diffuse oils, produce a compress, and provide therapeutic massage Over 170 ailments protected and over 300 homemade remedies included Profiles of 75 important oils to learn and use, including info on medicinal uses, application methods, blending, and precautions Reviews the 10 most popular important oils brands and their products Take the energy to heal back to your very own hands with essential oils for all your everyday health needs.



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Great book It covers everything fundamental you need to know about essentials oils including production, selecting the most appropriate oil, equipment, storing, security, application methods, remedies for common ailments and information regarding individual oils... I've read \*horror\* stories online about these two very stuff and I'm sure if I read this entire book I'd find more - unfortunately, I could no longer discover that link.! This book is AWFUL. I've currently said my part, I'm not debating. It begins offering you a brief overview and benefits of essential oils, how they're produced, and also lists 15 stuff you should know about them. I have already been utilizing the Complete Book of Essential Oils and Aromatherapy - which is written by a specialist and I recommend that certain and anything by \*that\* author (more thorough, although layout is normally semi-scattered and the index though full. is not exhaustive).After reading a book by a professional aromatherapist, and ignoring all of the MLM salespeople's well-meaning however ignorant and dangerous suggestions (drink 6 drops of "this" a day to keep carefully the allergies away!) This book doesn't have as much information as I had hoped or perceived. To begin with - right near the front web page it says something comparable to, "For those who have a headache simply rub peppermint essential oil on your temples"...um. You can find very few oils, or very few situations where "neat" application is secure..I understand from personal experience, prior to learning on the subject of EO's, that is a BAD idea. Perhaps not dangerous, but I promise you, your eye will sting. Big style. I really like peppermint - nonetheless it burns your skin layer, your eyes...very unpleasant.I'll first apologize for not giving web pages.Anyway. Unless you believe what I must say, buy the book and see for yourself..now let the hater's comments begin (I'll ignore you, btw.This book recommends putting tea tree oil with a small amount of carrier oil on a tampon and inserting it into your vagina for those who have a yeast infection, putting straight clove oil on canker sores and so forth.! Simply don't do it. Great reference Perfect book for a beginner Love book!These oils are also almost exclusively applied "neat" or NEARLY neat.. Really, with respect to the oil, 2-5% is correct - some ailments it is possible to increase with certain natural oils - but most, just NO unless you are under professional guidance. You will discover many simple quality recipes in this publication with about 4 drops EO and 1 drop carrier oil. Not designed to be go through cover to cover, more for looking up essential oils you are looking at or a condition you wonder how exactly to treat with an important oil or blend..whoa!! used to believe EO's were most a bunch of crap.There are also many recommendations to simply put in a few drops to water and down it. This reserve is basic at best, lacking information, and just has minimal safety info and precautions. I really believe the \$6..There are also not age recommendations - and considering many of the recipes are significantly less than 25% DILUTED.. The recommended reserve above has some drinkable quality recipes, but there's much treatment and caution placed into making them. Initial, you mix an extremely small amount - think DROP - with a tsp roughly honey to disperse, you then add that to 8oz hot water, then you filter it through something (coffee filter) to ensure you can find no globules that may harm your valuable organs, then you put like 1-2 TSP of \*that\* blend into tea! Significantly, people, you ought not you need to be downing drops of gas like they are drinking water flavoring drops. That is a crazy quantity of EO & most likely, not safe or wise.. This is essential Read for Essential Natural oils!then I got kind of (okay, a whole lot) obsessed with them once I realized 1) (some) of them smell delish, 2) they're addictive to buy, 3) they're highly potent plant life - and plants DO certainly have healing properties and 4) browse numerous \*scientific\* studies that back again up many EO's as helpful.it's nuts!.. This publication does discuss those suggestions and I think it is very useful.I am NOT an essential oil "hater". I'm not a MLM "hater" (though I do would rather purchase elsewhere.)Be smart and stay the heck from this book. The truth that it has so many reviews that are positive is downright frightening. That is clearly a WHOLE lot of people jeopardizing their basic safety, and most likely their family's aswell. Please,

please purchase another book compiled by a PROFESSIONAL..... I was super excited to get it. I'm obtaining my details from a RENOWN aromatherapist, not my friendly community EO seller or a book written by a nameless person. Great for reference..." and so on), I was shocked to see a lot of that rubbish in right here.. PLEASE buy something else and ignore all of the ignorant positive reviews! EO's usually do not dissolve in water and you need to be A lot more careful than that.. This book is more for someone looking for A-Z ailments, than gas reference (gas profiles) I'm a bit disappointed in this book, it generally does not have nearly as much information as I had hoped or perceived.. Dangerous!.... It has common important natural oils, but is lacking a lot of the essential natural oils I use. The initial few chapters, made to explain how essential oils are made, how to select the proper essential oils, tools and equipment, and so on, is usually lacking in a whole lot of information! The photographs of every plant are also very small and nothing at all overly appealing to the eye. The quality recipes and remedies are simple, and in my opinion some are actually common understanding for an essential oil user. This publication would match a person just learning essential oils; Love this book, good information inside. It goes into detail about the various tools and products, carrier oils, and safety information to keep in mind when using oils in general.), the only exception is the latin name of every essential oils plant. It does not go comprehensive, and is extremely vague in it's descriptions of every essential oil. There exists a lot of basic info missing, an essential oil user should know. I've heard this being performed by many people. It is not thorough in virtually any aspect. I would suggest this publication to a beginner gas user, that wants to get familiar with common essential natural oils, but I do feel there are much better choices. I feel that an advanced gas user wouldn't normally get much use out of this book.. I have been dabbling a bit in essential natural oils but was confused as to exactly which ones did what. I was able to review this eBook recently and have to say that it was a really great browse. I still flick through it when I want some info on a specific ailment or essential oil. The ebook is a very easy, basic read that offered me a better understanding on essential oils and their everyday uses. It's divided into chapters that are easy to find. I liked the neat, clean layout and simpleness of the book. It is possible to appearance up remedies for certain ailments or seek out specific essential natural oils! It's a wonderfully detailed eBook without overdoing it! By the end of the eBook is definitely a Quick Reference Guideline for ailments and natural oils. I bookmarked it so it's easy to find when I'm in a hurry. I'm so glad that I ran across this eBook because I will have a better understanding of how they work and which oils work very best for different ailments..99 price is well worth it. Informational Plenty of good info Good book. Great resource book Unquestionably invaluable to getting started with aromatherapy Great Book Great Book lots of wonderful ideas Helpful information about essential oils This book is easy to use and is a good resource of information. I have the kindle edition so it is so easy to pull up the oil that I need details on, or the ailment that I have to treat, just by looking in the search bar or using the desk of contents that is alphabetical for the oils and ailments. The publication also starts out giving a whole lot of info about the annals, benefits and types/characteristics of essential natural oils. There is absolutely no scientific information on the essential natural oils (the chemotype, the constitutes of every oil, etc. It really is an excellent book for first time users. A few of the initial books I bought said what oils to make use of for ailments, however they didn't say HOW to utilize them, ie diffuser or topical? If topical, where you can apply it, etc.which isn't actually safe for adults, it scares me that folks might try these on or Within their children. I have a lot of essential oil books and this is one of my favorite.. Not about any specific brand of oil. Great reference book! I'm not going to waste my period arguing. Please. a beginner in the usage of essential oils. Great Great



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