

The background of the cover is a photograph of various aromatic ingredients on a light-colored wooden surface. On the left, there is a sprig of green herbs with small white flowers. In the center, a clear glass bottle with a cork stopper is partially filled with a yellow liquid and contains a slice of lemon and a cinnamon stick. To the right of this bottle is a smaller, dark amber glass bottle with a silver cap. In the foreground, there is a large wedge of a yellow citrus fruit, likely a lemon. The overall aesthetic is clean, natural, and inviting.

# DIY

# AROMATHERAPY

OVER 130 AFFORDABLE ESSENTIAL OILS  
BLENDS FOR HEALTH, BEAUTY, AND HOME

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Rockridge Press

## DIY Aromatherapy: Over 130 Affordable Essential Oils Blends for Health, Beauty, and Home



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DIY Aromatherapy is your best step-by-step guide to generate basic yet powerful, aromatherapy blends that restore wellness, beautify, and cleanse-all while keeping cash in your pocket. Harness the Healing Power of Easy, Affordable Necessary Oils Remedies Why pay out the high cost of prescription medications, cosmetics, and home cleaning materials when you're able to easily, quickly, and affordably make sure they are aware of essential natural oils? DIY Aromatherapy Today! Discover the 35 "most essential" essential oils for your home Choose from dozens of essential oils remedies for a range of ailments that plague babies, children, adults, and even pets Blend your own therapeutic massage oils, lotions, and perfumes in minutes Create beauty and house cleaning products that are 100% free of toxic chemicals Start producing your own scents with intent by making essential oils blends at home.



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quite a distance and I've heard it is good for the mind and body Scent has come a long way and I have heard it is good for the mind and body. But this publication is about a lot more than that. I saw a lot of books on Aromatherapy with no or very few pictures. Even if you're new to essential oils, this books gives a lot of great suggestions and descriptions of what different natural oils may be used for. It also educates the reader about the security of certain oils and which ones should not be applied to children, pregnant women or anyone. There are a lot of handy, practical recipes for home cures, household uses and cosmetic uses and beautiful pictures to go with them. The book has different options for everyone so anyone can consider it! This Book Offers So Much Information! I have always been thinking about all natural remedies as that is that they had in the old days not absolutely all the pills available today. I wish to make my own natural products and this one is a great help. I learned all about the different essential oils and where they originated from not to mention pairing of scents. I cannot wait to make a eucalyptus-mint rub or sanitizing hand gel maybe someday i will have my own Etsy shop to sell these wonderful products. Disclaimer I acquired this free in exchange for a review that is solely my own opinion which might differ from yours. Great Aromatherapy starter I've read several books on herbal medicine and aromatherapy recently and was happy to add that one to my collection. In the introduction it clarifies that despite the fact that less prevalent until lately, ancient cultures used these oils and methods as household remedies by anyone from nobility to mothers. I received this in trade for a good and honest review.. Not really overly complicated and an easy task to make. I also discovered the perfume section quite interesting. It also discusses how aromatherapy functions, the history of, tools needed, and the basics to truly get you creating your 1st blend. The author was extremely thorough, offered ideas for excellent recipes & Very useful and complete information regarding using essential oils in your daily life. Pros: Lots of information from quality and how oils are produced to means of using essential natural oils for most different purposes. I'd love to blend it with lavender! So while it's a fantastic book, time is money, and I could have found condensed info in a couple of page site to quickly put together some smells to enhance different moods. If you're looking for a quick guide to recipes for diffusers then might want to read something else. . I wanted some photos! N and liked it so very much I purchased this copy as something special for my girl and granddaughter to share! AN EXCELLENT Guide to Essential Oils and Aromatherapy When I hear the term "aromatherapy" I'm usually thinking of essential natural oils and a diffuser. I was reading in to the lemon aroma therapy part and it seems interesting and lemon is normally such a brand new scent. Negatives: For my purposes, We didn't not need all the details, I just wanted some simple dishes for a diffuser which was overkill. I got this book free to review, but I am so pleased it includes a place in my home library and I know my family and I will get a lot of great make use of out this book! I'm new to aromatherapy and this may be the perfect step-by-step instruction for a newbie like me. My review is based on my knowledge with the merchandise, which may change from yours. I noticed a lot of books on . The next section is the best which explains 35 natural oils and how they could be used. Beautifully Illustrated.. There exists a lot about essential oils, absolutely.. Then I stumbled across this book. It gave me far beyond my expectations like the quality recipes for luscious perfumes and soaps. I am impressed. Wonderful into to essential oils! Being someone worried about safety with essential oils, while they are of course often safer than man-made products & an excellent, natural alternative, I loved this publication. In depth book, great info, but overkill for simple diffuser ideas. uses, history and safety measures. Awesome book to increase your herbal library! It's really something that I can easily see myself using I did receive this product in exchange for my unbiased review. DIY Aromatherapy is a collection of 130 quality

recipes for natural body treatment, herbal medicine, homemade washing formulas, and remedies for pets as well! I loved this publication and I'm sure it will likely be referenced over and over. Next up on my list to try is the lemon-lavender lip balm! I received this book free of charge for the intended purpose of review. I came across a copy in my own local B& Beautifully Illustrated. Very informative I kept a hold of this free go through from kindle for awhile to return for reference. Good in getting ideas, reipas, and education, Great tips and quality recipes! That is a book you will refer to again and again. It doesn't spend a lot of time on the history of the natural oils but rather, jumps right in and provides you to combinations and amounts to generate many oils for wellness, beauty and around the house use. Informative and contains many excellent recipes. Five Stars I really like this book perfect. I am not really obligated to provide a positive or favorable review, simply my honest opinion.. Great recipes Great book, wonderful recipes! It also gives a ton of recipes for anything from toothpaste to burn off gel. There's lots of great information in this book! I really like the affordable blends Five Stars Good reserve! Rented it from the library and loved it! Not recommended Seems biased and uninformed on many natural oils and uses



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