

ESSENTIAL *glow*



Recipes + Tips for Using ESSENTIAL OILS

Stephanie Gerber of Hello Glow

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Essential Glow: Recipes & Tips for Using Essential Oils



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invite the aromatic and curing powers of your favorite herbs and botanicals into your daily life with this gorgeous direct. You'll discover dishes, quick tips, and DIY projects to improve your beauty, house, and general wellness with your favorite essential oils, and also a diagnostic tool that helps you treat common ailments with the right essential oils. We've almost all heard that important oils are good for us—the aromas and chemicals in these special distilled herbal remedies can soothe the senses, kick-start a sluggish day time, as well as help restore health or repair troubled skin. There are a whole host of ways to use them—from decadent therapeutic massage candles to hardworking laundry softeners, from relieving bug-bite balm to skin-clearing concoctions. Essential Glow is packed with everything the aromatherapy DIY-er needs: 200+ dishes and projects with basic step-by-step instructions, targeted aromatherapy blends, a pantry primer, and much more. Featured essential oils consist of: Soothe · Lavender · Roman chamomile · Geranium · Rose · Clary sage · Jasmine · We' Ylang Ylang · Sandalwood Uplift · Lemongrass · Peppermint · Nice Orange · Juniper berry · Ginger · Cinnamon · Atlas cedarwood · Rosemary Restore · Oregano · Frankincense · Lavender, chamomile, tea tree, rose, and sandalwood— Tea Tree · Lemon · Eucalyptus · Melissa



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Great book! Love this writer and her internet site already therefore i had . I bought a duplicate for a friend and for myself. Would recommend to anyone who enjoys important oils or DIY's Five Stars Plenty of great recipes. Excellent picture and presentation Excellent picture and presentation, nevertheless, the information is completely lacking. I ordered copies for most of my friends plus they enjoyed it! The quality recipes dont clarify why this oil should go to that method. It is just for visual effect. Essential oil uses THIS book is everything We expected it to become. So easy to learn and follow. Have enjoyed a few of the recipes.! Plenty of good recipes and details! Great Book!Really nice book with great ideas and recipes for use with . Totally endorse. I just need to utilize it!... Love this author and her internet site already so I had high anticipations. I also love her books, beautiful pictures, great dishes. The scent recommendation is not good for me at least. I simply need to use it Great book!.. Really great book I love this book! As generally the photos are beautifully performed, and the reciepes are therefore helpful. I love the way they put this reserve together, really easy to find what you're looking for. True they have some recipes currently on the blog, but I personally prefer a hardcover therefore i don't mind. Actually nice book with great ideas and recipes for use with essential oils.



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