



process self-reliance series



SUSAN M. PARKER

# power of the seed

YOUR GUIDE TO OILS FOR HEALTH & BEAUTY



Susan M. Parker

## Power of the Seed: Your Guide to Oils for Health & Beauty (Process Self-reliance Series)



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Fixed oils enjoy a large part in most all industrial beauty treatments. Susan M. Additionally, Susan M. Parker may be the owner and founder of Solum & More than ninety uncommon and common oils are comprehensively treated, along with suggestions on how readers may use them to create their very own original "quality recipes." Power of the Seed may be the newest discharge of Process Media's well-known Self-reliance Series that displays important DIY details in a visually improved easy-to-read and understand way. Power of the Seed presents instruction on how best to use these natural oils to create topical skincare, cosmetics, and massage oils. Parker presents guidance and in-depth info on the different types, resources, uses, and structures of the precious oils. Herbe, a skincare organization that uses a wide range of natural oils to create nourishing, natural personal maintenance systems.



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the new skincare blending bible in my own collection. THE ENERGY of the Seed can be an incredible reference book!. AN ABSOLUTE MUST HAVE! Not an essential oils reserve. It certainly a great reference if you are looking to make their very own skincare items. Certainly a distinctive guide! I've been dealing with essential oils, making blends for a long time, and upon discovering this publication, it has used my blending practice to a completely different level. Five Stars Great reference book for my desk! REALLY like this book. Very educational. Susan Parker really understands her stuff and she talks about them that is clear to see. The reason I only gave 4 celebrities is that this publication doesn't include an index.. The publisher should put in an index and re-publish! Excellent Source for Carrier Oils Excellent! So glad a friend suggested this. I've counted over 85 carrier natural oils with plenty of detail details on types of healing to use for- wound, skin, etc. Recipes, Skin Care, Therapeutic massage, etc. But, the part I liked the best was the chemical analysis for these natural oils that I've spent therefore much time trying to find. I often refer back for details on a particular oil and I spend my time flipping through searching.. As an expert in Aromatherapy-A will need to have! Great book Awesome hard to find information on fixed oils. It is great for beginners, to experienced aromatherapists, and massage therapists. Wonderful book filled with information This is an excellent book on fixed oils that can be used as carriers for essential oils or by themselves as healing oils for your skin. I have learned how to pick the appropriate oil for the situation/product I am making. This is a favorite book of mine. Susan M Parker, the author has extensively touch everything about fixed oils. not essential oils. As a home-centered formulator all of this information is extremely useful and beneficial. The reserve itself is normally a teaching tool in addition to a research device. I purchased the paper book (two copies) and the kindle edition so I have all of this wisdom & The writer has a comprehensive study. I constantly refer to it and add my own notes within the web pages. If you are looking for a comprehensive reserve about the carrier natural oils, base natural oils or lipids and set. It was recommended to me by an Aromatherapist. Fruit seed oil fundamental chemistry and more This book has everything I wanted on fruit seed oils. Well-organized. I absolutely love how it is structured, and how oils are available by use, application, fatty acid composition, sap ideals, botanical family members, etc! For natural item crafters it's essential. A wonderful resource! I'm in love with this publication. It's a richly comprehensive and well-organized compendium of all you could ever wish to know about oils. The publication is written with appreciate and deep respect for the energy of the seed. The one thing I wish it would possess included was a comedogemoc ranking of every oil. This publication will be referred to time and again and is strongly suggested. FANTASTIC book. Great book on carrier oils Great book on carrier oils! Strongly suggested. I absolutely love the actual fact it even goes into the chemistry of the natural oils. Very thorough, yet still an easier read. Produced the chemistry easier to understand and as one reads, one knows this writer has huge knowledge about them. The writing is normally vivid, spirited, and enjoyable. Besides that. It has therefore much information, and details about so many different oils I never would have thought to use as a carrier or a foundation essential oil..this book had everything. I in fact took an on-series Aromatherapy Course because of this, but can honestly say I've gotten more from Susan's Reserve and everything she has, than in the program. Very helpful when choosing oils for products. Great addition to my collection. The best lipids book out there, very informative. Great book Great book to understand about oils and how exactly to use them on your skin. Thank you Susan for all your hard work to teach us with carrier oils and butters. Great insights, well organized, I love it! good good Five Stars Wow! All you have always wished to know about carrier oils. MANY THANKS!and it's really all covered in this book. I am studying to be an Aromatherapist which book flows right

with Essential Natural oils. I love it!. Anyone using Carrier Natural oils needs this book/info That is a well-researched book about many, many carrier oils and butters; Plus its the most dog-eared of most of my CosmeticChemistry/Aromatherapy/Perfumery/Herbology books! During my a case study I make reference to it for my blends..that is for you. knowledge wherever I need it. I recommend this book for all those that use essential oils and wish to make their own face/body care products. Five Stars This book is amazing!



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