

# MODERN ESSENTIALS™

A Contemporary Guide to the Therapeutic Use of Essential Oils



Second Edition

Aroma Tools

Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils  
(7th Edition, Oct. 2015)



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This book is crucial for just about any aromatherapy library. It's the definitive guide, whether you are a new or an experienced essential oils user. Modern Essentials: A Contemporary Guide to the Therapeutic Usage of Essential Oils is perfect for anyone seeking to find out about essential oils and their everyday uses. Its simple, easy-to-make use of format is just about the most accessible way to quickly find the information you need: which essential natural oils to use for a huge selection of health conditions and how exactly to safely and efficiently apply them. This popular hardcover book is truly original.



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Incomplete Bummer could it be only lists natural oils that DoTerra offers, there are plenty of more oils out right now there! It's a nicely bound hardcover book with high ....? Actually I gave it to my mother so she could use it and figured I'd order the most current edition to displace mine. Bad decision. It's a nicely bound hardcover book with top quality glossy paper. After that there is a lot of information on each essential oil; previously, this book was specific to DoTerra Oils and blends. Well, I'm sure in attempts to draw customers from all major gas brands, they changed everything to presenting generic titles for the blends. For example, instead of discussing using "Digest Zen" they call it "Digestive Blend." That one is not any big offer, but another example is 1 called "Encouraging Blend"... This book is amazing! I experienced the 6th edition of the publication and loved it. Could it be the generic name of DoTerra's "Cheer" Mix, or "Motivate" Blend, or even "Balance" maybe? Despite the fact that I am a Wellness Advocate for doTerra, it's really not problem that Modern Essentials removed the doTerra names. Anyway, this book is still filled with incredible information, however now I have to decode it each and every time I have to reference it. I'm pretty annoyed that I simply bought this reserve and it's not a "Prime" item therefore returning it could be a pain. Perfect foe New Oil Users! There is a section for ailments, a section for information on each oil, many blends (they match with doTerra natural oils) and diagrams of your body that pertain to that particular essential oil. I enjoy the colour photos/pics of every plant too. My favorite part may be the body chart section (pictured). It lets you know where to apply natural oils topically to fix specific issues (make sure to dilute). Some reviewers possess mentioned that the publication has some changes in the quality recipes of the blend demonstrated and doTerra's, but most of it's the same;? The generic titles they use make it less complicated for people who use additional brands to utilize this reserve, and I'm sure the makers of this book want everyone in order to use it. Must go through if you are using Essential Oils Really great for essential oils beginners or those who've been using quite a long time. Great Resource for Eos. There's more information here than I could digest in an eternity. If you can find any concerns about the differences it is possible to go directly to the doTerra site, or the site of the brand you utilize. I love the detail and colors in the book. Great Book Excellent publication about the usage of natural important oils and also very informative as to the history of their, how they're harvested and extracted and just why they work. It had been very educational for me as I went into it knowing nothing. I am enjoying this book so very much and would recommend it to anyone who would like to learn more approximately . It is organized well and very, very easy to use. I'm incredibly disappointed by this reserve for one main reason I'm incredibly disappointed by this book for one main reason. I actually am enjoying this reserve so much and would recommend it to anyone who wants to learn more about essential natural oils.P book. I was so pleased tthat I simply downloaded a duplicate to my phone aswell so I would have it with me while buying also to help when talking to my friends about the natural oils I am using. The explanations and graphs initially are really nice, though very particular and some sound nearly the same as a chemistry or A& This book is amazing! The only real difference can be that with DoTerra's CPTG quality control examining, the use of their oils as outlined in the Modern Essentials book may be more extensive compared to the use of natural oils created by others so one wouldn't always want to depend on this information for just about any oil just because it originates from the same plant regarding the specifics of it's make use of. For example a few of DoTerra's oils might be able to end up being ingested internally whereby even a organic store purchased essential oil from another company may not be. Nevertheless, that said, great publication! Let's one learn how to generally get began using the oils to enhance their health and cope with specific complications. The book relates to formulas specifically harvested and extracted by DoTerra but would be useful to anyone looking to use essential oils. So I feel it is a bit incomplete... ok, what On the planet is THAT said to be?. the natural oils which are different are oils which have the same properties. The first section goes into the chemistry of natural oils which is method over my head but that's alright.. the chemical compounds, how to utilize it, what to use it for, in addition to what section of the plant is used,

how it is produced, botanical name, and how is certainly has been used historically.. I also appreciate that it lists the scientifically documented information for each oil as well.. This book is quite helpful because it is possible to look up individual oils or your symptoms to find whats right for you. I am not used to DoTerra oils. Although I don't uses doTerra oils, I wouldn't trade this book for anything! It was obviously well-planned, and an extremely comprehensive guide to important oils. Must have! I actually am still adjusting to the new look but the modern essentials book is crucial have if you plan to use essential natural oils in your home! Great information. great information . . . really helps to get back to living naturally Great quality Very informational Great book! Plenty of fantastic info This Book is AMAZING This is such a great book, I have one at home and one at the office! The titles used, like Metabolic Blend, easily correspond to doTerra blends, that have the type of blend on the bottle by the product name( Slender and Sassy, Metabolic Mix. I really enjoyed reading this and learning more about my oils. Love it Great reserve for exploring French method of using essential oils ? ? Five Stars Essentially everything you need to learn about oils.



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