

# MODERN Essentials™

A Contemporary Guide to the Therapeutic Use of Essential Oils



Eighth Edition

Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential  
Oils (8th Edition)



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This is actually the official DoTerra oil use guidebook. If you visit the DoTerra internet site to obtain recommended usage and details guide, you will see this book. It is the only book suggested by DoTerra officially and offered on their website with their "oil kit" packages. So need to make reference to the bottles or older version for reference. I dislike the truth that the titles of the blends are not included or used, since it appears to be a more generalized essential oil book intended for non-DT people. Will need to have for essential oils. This is actually the "bible" for essential oils. User friendly! I love the organization of this book! It is possible to either look up what specific oils are good for or you can research an ailment to find out what oils will be good for that particular ailment. For example, if you have Peppermint and don't know what it can be used for, it is possible to look up Peppermint and it'll tell you most of its uses. Or, if you have, state, respiratory issues, it is possible to look up Respiratory and find out what natural oils would help. I highly recommend this book for anyone thinking about using essential oils or with a general interest in herbal medicine. Very informative. That's where I go to for information on how to use my DoTerra Necessary Oils. Good purchase! Could be better. I'm a Wellness Advocate for doTERRA and this is an updated version. Some parts I love and others I don't. Very handy for those who enjoy DoTerra products and wish to know more about how to properly utilize them. It's just frustrating to make reference to the bottles or outdated book for the blend details. It will tell you how exactly to use (particularly DoTerra) all the oils, how to mix them and in what quantities, and it includes a section that uses symptoms as references and recommends oils predicated on specific symptoms. I like the pictures and new EO and product details, along with the Necessary Living section in the trunk. I haven't memorized the descriptions of every mix, like Calming, Soothing, etc. The layout or design make it easy to read though. easy access to which oils to use for particular ailments. Probably the handiest oil bible to have readily available for quick references. This reserve takes you though from the in-depth science to cool quality recipes for cooking. You can look up problems you are having and know which natural oils can help and if you can ingest them, apply and where you can apply, if they're safe for children. It is full of knowledge. The best book on essential natural oils. Organized effectively! It goes into great depth about the various oils, how to utilize them and what they perform for your body. Best Book for Essential Oils and Blends. This book has anything you would want to know on Oils, Blends and what they can be useful for. In addition there is charts on where you can use them for different parts of body and symptoms. Well laid out. Five Stars Love this reserve. I am constantly using it as a guide for oils to get and what I can make use of them for. It really is worth it to obtain the brand-new edition for the up to date information on new essential oils coming out. Great book. Charts are very similar to reflexology. Great investment. Great comprehensive book. Four Stars Informative. Want it had more recipes. The best book I have ever read regarding essential oils. The best book I have ever read regarding essential oils. Quick, easy access to which oils to use for particular ailments. Great reference I really like the layout and ease of finding information.



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