

# THE ESSENTIAL OILS BOOK

CREATING PERSONAL BLENDS  
FOR MIND & BODY



COLLEEN K. DODT

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## **The Essential Oils Book: Creating Personal Blends for Mind & Body**



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This comprehensive guide includes recipes for natural cleaning products, lotions, and ointments that will keep you feeling happy and smelling great. Herbalist Colleen K. Fill up your times with stimulating scents as you learn to use essential natural oils to wash your dishes, soothe sunburns, combat tension, and enhance the quality of your life. Discover the fragrant world of essential oils. Dotd profiles the curing and cleaning powers of a large number of oils extracted from herbs, blooms, roots, barks, and resins.



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Great book! You can read and understand but it's more of an editorial of the authors encounters with natural oils than instructional/ informational resource. The order of the book all over the place. I would suggest it to anyone who is getting to know how to use natural oils! Save your valuable money for another book I own several books on important oils and this is the worst one. I really love this particular book. that told me all i ever have to know about the sort of person she is really educatnal very informative Five Stars Fine Five Stars The Kindle book was helpful Must Have publication for just about any Essential Oil Lover Will need to have in your Necessary Natural oils Library. She shares a lot of her personal encounters and also usage recipes I'll try. It highlights common and suggested uses for said natural oils and in addition provides you with a variety of recipes. Although my EO collection is so small as to become laughable, I still obtain great use out of the book and find myself referencing it often! This author used us by the hand and helps guideline us with knowledge and dishes. This is not a book I would recommend as the information was very limited. The author reviews basic properties of many essential oils; after that suggests potential uses. Many thanks Colleen Dolt for your present to this eo neophyte! I am incredibly pleased with this purchase. Happy I've it. I learned a lot and most of all not to simply believe everything i hear about essential oils.] aka 'Esoteric Oils'. The resource area by the end of the text is an educational gem I am discovering with enthusiasm. Colleen Dodt simplifies without condescension the complexities and benefits of essential oils. It organizes the various essential oils into very common, somewhat common, and uncommon and gives you information on each of the listed oils. An excellent introduction to essential natural oils! Whether you are just starting your adventures with essential oils, or are a skilled "oily" and want to explore more combinations of oils, this book is a good resource!Sbbteach Way too basic I was looking for an encyclopedia plus some basic quality recipes. This book was way too basic, but may be useful for somebody who knows nothing about oils. The encyclopedia section was very much to small, and the info was disorganized. I came back it and bought Julia Lawless' Illustrated Encyclopedia of Essential Oils, and for recipes and much more detailed info, head to: '[. I found this out immediately as she snarled about it. but like a 'chicken soup for the aromatherapy soul" as somebody . They are wonderful and i love them but they are also solid and may be very dangerous if not used properly. I really like the clarity of the book. Excellent essential oils book Excellent essential oils book! I might return it or share with someone who could be even more appreciative of what this reserve has to offer. E O Book, Good book! I really like the clarity of this book Item arrived quickly, while described. This book is small and convient to maintain at hand, will fit in your purse or set on table beside your favorite chair, or will eaisly go to the kitchen with you. I think it is to be a keeper.... I first browse the book when I was promoted to a administration position of a small store in the company I worked for. Colleen was used there and we offered her books. I found them charming, not for the advanced person, but just like a 'chicken soup for the aromatherapy soul" as somebody who used herbalism extensively for 35 years now, by that point it had been about 16 years, I was wanting to meet Colleen. Turns out she thought she'd get that position I had earned though she had just been at the company 4 weeks and took nearly 2 off for a death in the family while I have been there over 4 years.. I asked her what a well versed author such as herself needed with a position in such a small store, she said the insurance. Okay. but she didn't like my query and reported it to the higher ups just she quoted me as calling her a 'world famous writer". As a novice where it issues essential oils, I was very content with the organization and content material of the publication. Wonderfully done book. Happy I have it Even though it's a older publication it sitll has very reliable details and with the insane craze regarding oils right now we all need someone with some experience to give us sound tips! I really like EOs and am a devoted oil user. Like this book. Five Stars Awesome book.



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