

Quick Reference Guide for Using Essential Oils

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Comprehensive information about pure, therapeutic quality essential oils in a readily accessible, reference guide format. Designed as a pocket guide for convenience, the Quick Reference Guide for Using Essential Oils contains the last section, "Personal Guide", of the large Reference Guide for Essential Oils plus the Vita Flex Feet Chart and other summary information. It is the perfect pocket guide to using pure, therapeutic quality essential oils and other commercially available products that contain pure essential oils. With information on over 650 health conditions, it is probably one of the most comprehensive and concise books of its kind on the market today. The new 2014 Edition is revised and expanded, with more information than ever before, new navigation aids, and research findings from a host of published studies. The latest edition of the Quick Reference Guide for Using Essential Oils includes: Photo illustrations for the Raindrop Therapy techniques Photo illustrations and Hand Chart for the Vita-Flex technique This book is bound with a plastic spiral binding. This type of binding is very durable and allows the pages to lie flat-facilitating the use of this book during the application of oils. Size: 490 pages; 6 1/2" x 6" x 1 1/2" (with spiral bounding). Published in 2014.

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Essential Oil Recipes, Essential Oil Recipes Recipes Quick Reference Book: 101 Essential Oil Recipes, Benefits and Aromatherapy (Coconut Oil, Lavender Oil, Peppermint Oil, Eucalyptus Oil, Thieves Oil and many more) While using essential oils, so many things are possible! Have you heard of essential oils or are you looking to know more about the topic? Do you already use essential oils but you want to know how to better utilize them in your life? Or, are you maybe looking to expand your essential oils knowledge and recipe base? It's even possible that you want to learn how to use essential oils for specific things, such as weight loss or homeopathic healing. If any of the above interest you then this book will not only be a great information tool for you but it will also open so many doors for you will helpful instruction, factual information, helpful suggestions and new ideas! There are many reasons to look into, learn more about or deepen you knowledge about essential oils. Just a few of these may include weight loss, beauty tips, healing, yoga, cleaning and many, many more! The list of ways you can use essential oils to benefit your life, your health and even the health of your pets is never ending! Even better is that this book can be your complete guide to essential oils--no matter what level of understand or familiarization you're at! This book includes:-An introduction and overview of essential oils- 20 essential oil recipes to help you in a weight loss journey-15 essential oil recipes to assist you in healing in more homeopathic, organic ways-20 essential oil recipes you can use in your home-20 essential oil recipes you can use for your hair and body . This book includes:-An introduction and overview of essential oils- 20 essential oil recipes to help you in a weight loss journey-15 essential oil recipes to assist you in healing in more homeopathic, organic ways-20 essential oil recipes ..."