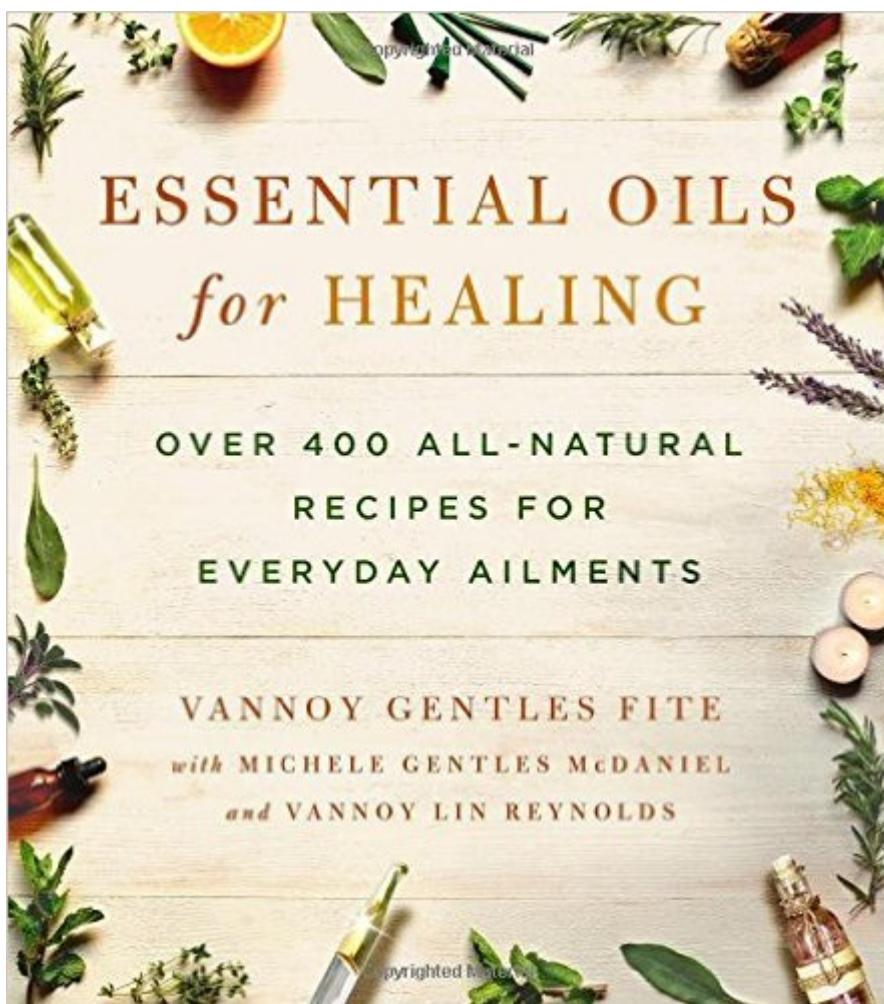


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# Essential Oils For Healing: Over 400 All-Natural Recipes For Everyday Ailments



## **Synopsis**

All over the world, people are turning toward homeopathic and alternative medicines. Essential Oils for Healing is an easy-to-use guide for anyone who wants to learn how to use essential oils to heal a multitude of ills. Ailments are listed in alphabetical order and are accompanied by hundreds of recipes you can re-create at home using the essential oils at your disposal. Tips on safe handling and usage, contraindications, and storage ensure that even the most novice of essential oils user can get the healing benefits from our planet's natural resources. Did you know that a few drops of lavender oil can be added to your kids' shampoo to protect them from head lice? Or that a drop of clove oil mixed with orange oil can relieve a mind-numbing toothache? Common, everyday problems such as nausea, dry skin, and insect bites to more serious issues like migraines and arthritis are included along with all-natural remedies that are simple and accessible.

## **Book Information**

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## **Customer Reviews**

Awesome collection of recipes! I am really looking forward to using these very creative and easy formulas. Excellent book for a beginner to more advanced essential oil practitioner. Every home apothecary will benefit by keeping a copy of this book! This book will definitely be sold in my little Herb shop!

Although I have several essential oil books, this is the first one that doesn't make it overwhelming to start and use the oils. Very easy to read and quickly find what you're looking for. It has also greatly

inspired me to actually want and use the oils more often. I really like this book. My one concern is that it doesn't have the latin name of the original oils so that we know EXACTLY what we're buying. Still, worthy of five stars.

this book is a must for any beginner who wants an easy reference for essential oils, and remedies for everyday ailments. I love the names of the recipes! And they are clearly well researched by a person who has used them to her own and her family's benefit. This book is the real deal; purchase a copy for your library and you won't regret it! I know I will be using them for myself and my own family's healing.

I'm new to this essential oil life so I don't know much, yet...but I do know that this book is AWESOME! It has remedies on all ailments in alphabetical order ( plus a lot of do's and don'ts ) You absolutely can't go wrong with this fabulous book! Don't hesitate, grab it, you won't regret it!

This is an excellent book for anyone interested in the use of essential oils. It is thoroughly researched, yet written in a style that does not require a botany degree to understand. It is well organized, so if you are looking for a specific condition which might benefit from essential oil application, it will be easily found. It is a "must have" for my library.

This was a very good book. The author has been using essential oils since the 1970's and has very clear warnings, etc. I would have preferred listings for preventative measures aside from ailments, but the book is clear and easy to follow for the ailments discussed. Would recommend.

This is a wonderfully written and arranged book. Even a beginner, such as myself, can "get it" immediately. If you only get one essential oils book, this is the one. You will love her recipes.

Just what I have been waiting for. Very easy to use and very informative. This book is perfect if you are new to oils or have been using them your entire life. Thank you for writing this!

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