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# French Aromatherapy: Essential Oil Recipes & Usage Guide



## Synopsis

The most complete recipe and usage guides that utilizes the French Aromatherapy method. French Aromatherapy is the art of using essential oils that encompasses all methods of use: aromatic, topical, and internal. You will learn proper safety precautions and how to implement essential oils into your entire lifestyle. This book gives over 300 recipes to help you better understand and use your essential oils.

## Book Information

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## Customer Reviews

I received this book yesterday after buying it on preorder. I can't say how excited I was to open this up and start absorbing information! With all the hype around oils out there, it's hard to be sure which things actually do work and which ones are just conjecture or here-say. That being said, Jen has written a book that is easy to read and has hundreds of recipes in it! From Anger to Sleep to Bladder Control, this book has some seriously amazing recipes! I can't wait to share this with my friends! I literally sat and inhaled the book while inhaling my essential oils yesterday. (A little Brain Power and Ningxia Red for extra focus!) Get it. Share it. Learn from it. Knowledge is power. And she IS referring to Young Living oils.

This book is a must have for anyone from beginners to long time users. i have been using essential oils for just over a year and the information in this book was very informative and easy to understand. There are so many fantastic recipes for diffusing, making rollers and personal care items. I have lots of essential oil reference books and recipe books and this is by far my favorite and most useful.

If you love essential oils, you need this book. It has so much valuable information that it covers, and the recipes sound great. My copy has dog ears, and underlines for future reference. I'll refer to this book for years to come!

This book has definitely been one of the best additions to my essential oil resource library! This author gets it!!! For beginners and long time oilers, highly recommend all of her books available! The recipes included are awesome!

An amazing book filled with useful, quality information. Jen has clearly done her research and shares insightful wisdom about everything from how to choose an essential oil company, how to break down an essential oil into its constituents and place it on the ternary chart, not to mention oodles of blends and recipes! Everything from diffuser blends, topical blends, and internal blends for a huge variety of supportive issues. The writing is easy to read while providing detailed information. A must-have for anyone interested in using essential oils!

I actually don't like to read much at all, but I am very interested in Essential Oils. So I bought this book to learn more about Aromatherapy. I figured I could skim through the book like I usually do and get enough out of it to get me on my way. Jen wrote this book so easy to read that I literally got hooked on the first page. Full of great information, easy, understandable recipes, and laid out in an organized manner. Great job Jen !

OMG Fabulous book! So much information and very easy to read and understand. I look forward to reading many more of her books as I make my way through this oily life. Thanks for the info Jen O'Sullivan

So excited to finally have this in my library. Jen O'Sullivan has done an excellent job of laying out the book in an easy to understand format. There are a ton of recipes, blends and ideas that I can't wait to try. This will be a fantastic reference guide for years to come!

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