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Essential Oils: Recipe Quick Reference: Essential Oils Recipes For All Occasions



Synopsis

This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon - Get it Now! This book is your quick reference on the various essential oils recipes that you can use for all occasions!!! In this book, we offer chapter after chapter of essential oils recipes that can make your life a little better. These recipes range from those that you yourself can use as well as those that can benefit your beloved pets and home. If you are someone with minimal or no essential oils experience, this book will be good for you. This can help you get started really quick. If you're someone who has a little more experience with essential oils before, this book is also for you. This book offers tons of essential oils recipes resources laid out in a quick, concise, and easy to read format. In this book, you will learn the following awesome information: The basic information about the different essential oils that you can use! Brief information regarding the effectivity of the essential oils! The 100% best way to ensure that you are mixing the right essential oils together to achieve maximum effect! A step-by-step tutorial on how you can mix the essential oils to achieve the right blend or right essential oil product! The definitive guide that contains tons of awesome essential oils recipes! Our professional tips about these essential oil recipes! We love to share these to you! Several recipes for essential oil blends and products which are good for you, your kids, your pets, and even your home! and much much more.... So, what are you waiting for? Get started today and experience the various benefits that essential oils can do to you!!! This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon - Get it Now! Tags: essential oils, essential oils recipes, recipes essential oils, essential oil blends, aromatherapy

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Customer Reviews

Nice book of recipes. A quick reference does make me think of a reference of oils and what they do - that information is not in this book. Beginners who want this information will need to look elsewhere. However, it has a lot of good information on how to actually USE your oils that you already have. Got a cold, mix these together and do this or that (dilute with carrier and apply topically, add these to a diffuser, add some to a bowl of warm water and inhale the steam, etc.). In some areas the author could be more clear in exactly what to do ... so if you have absolutely no experience there are better books out there that explain how to do things (things like making master blends to then use to do different things, like put in lotions, or diffuse, or dilute with carrier, or make a room spray out of, or make a compress, etc.). Another thing to be aware of - the author uses Young Living oils and mentions blends that you might not know what are unless you use Young Living oils. There are conversion charts on the internet that identify other brand blends that are equivalent or similar that can assist you so you can find out what the name of your brand's blend it that is similar. The last thing to be aware of - the author uses a lot of really expensive oils (not related to brand, but the oil itself). Not many people who are beginners or even experienced will have all of Rose, Jasmine, Melissa, Neroli, and Sandalwood. Experienced people with oils will have a few of these, some will have all. The author throws them into recipes like they cost \$10 each. It would be much more useful for people to give substitutions in the recipe - for example you can substitute Cedarwood for Sandalwood or Benzoin and Cedarwood in equal parts in most recipes.

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