

The book was found

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

Paperback: 134 pages

Publisher: CreateSpace Independent Publishing Platform (May 26, 2016)

Language: English

ISBN-10: 1533088489

ISBN-13: 978-1533088482

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (217 customer reviews)

Best Sellers Rank: #13,397 in Books (See Top 100 in Books) #21 in [Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy](#)

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 conjuncture 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!

[Download to continue reading...](#)

Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil

Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Cooking With Coconut Oil Vol. 1 - 50 Coconut Oil Recipes Promoting Health, Wellness, & Beauty - Coconut Oil Cookbook - Coconut Oil Uses - Coconut Oil (Coconut Oil Diet And Recipes) French Aromatherapy: Essential Oil Recipes & Usage Guide Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergie) Homemade Essential Oil Recipe Guide For Beginners: Personally Tested and Proven Essential Oil & Aromatherapy Recipes With Instruction Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) Essential Oil Diffuser Recipes: 54 Refreshing Essential Oil Blends for Your Diffuser DIY Aromatherapy Holiday Gifts: Essential Oil Recipes For Luxurious Hand Crafted Personalized Gifts Essential Oil Basics: The Complete Pocket Guide to Safe & Effective Essential Oil Use Synergy, It's an Essential Oil Thing: Revealing the Science of Essential Oil Synergy with Cells, Genes, and Human Health Coconut Oil and Apple Cider Vinegar: 28 Mind Blowing Uses for Coconut Oil and Apple Cider Vinegar (The Apple Cider Vinegar and Coconut Oil Bible - Amazing Benefits, Many Uses, and Natural Cures)

[Dmca](#)