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Quick Reference Guide For Using Essential Oils



Synopsis

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.

Book Information

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Customer Reviews

This book far exceeded my expectations. I would advise anyone interested in essential oils topurchase this book. It is very thorough, easy to access information, well designed and complete in every respect. I have never found a more conclusive and educational guide in anything. I highly

recommend this book!!!

This book is NOT what it is presented to be - When you look up an ailment it will suggest a couple single oils, but half of what it recommends are blends like 'Valor" and 'Peace and Calming'. This is a Young Living book in disguise, presenting their oils. That would be perfectly fine and it is a nice little reference except NOWHERE did I see it mentioned - not in the product description or reviews - that this book suggested pre-bought blends as a solution to so many issues. I bought this book because I wanted to be able to get a nice stash of single oils and learn how to use them and blend them myself, not to be told every time I have a new issue to buy a new blend - that is way too expensive. (For what it's worth, I have NEVER given only one star to a product, but it made me mad that I never saw Young Living mentioned in the description as I would have just bought a different book. This one is on its way back to .)

It is worth noting the "Quick" Reference Guide is also known as the "Pocket" version. It is not the full size book but rather a smaller version, truly pocket version. This isn't an issue unless you have difficulty reading the small print.

Because I am just starting with oils I want to know 1)what do my oils mix well with and 2)what can I use X oil for? This will be great when I am doing the reverse, looking for a symptom to fix. The book was much smaller than I thought it was going to be, not different from advertised. Measure it!

I love how small this book is! However, it is big enough for you to read and use stand. This book is really informative and give good detail about Essential Oils. I'm excited to have it! I could not wait for it to get here and will read it thoroughly because it is well written and easily understood. Thank you !

This book is written in reference to Young Living oils and references many of their proprietary blends. At least there is a chart at the back of the book that lists the individual oils in the blends. Without that chart, this book would only be useful for using YL oils.

I have both the Quick Ref and the Desk Top edition of Higleys for Essential Oils and the only thing that could make these better would be an Online Edition.....

I wish the pictures where bigger, but well done.

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