

Essential Oils

REFERENCE GUIDE LIBRARY

HEALING BODY, MIND, SPIRIT AND EMOTIONS

ESSENTIAL OILS

QUICK REFERENCE GUIDE
FOR OVER 100 COMMON AILMENTS



KG Stiles, Certified Clinical Aromatherapist

"I can think of no one better to teach aromatherapy than KG Stiles. Her knowledge, skill, and passion are unmatched." - John L. Turner, MD

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"I highly recommend this to all who are interested in holistic nursing and the way that aromatherapy can be applied as an effective Mind-Body technique." - John L. Turner, MD

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QUICK REFERENCE GUIDE
Summary of Chemical Families, Properties,
Actions & Effects



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Lingjun Ying



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