



Essential Oils

ESSENTIAL OIL	AROMA
Anise	Licorice-like, spicy
Atlas Cedar	Sweet, woody
Balsam Fir	Pleasant, woody
Basil	Warm, spicy
Bergamot	Sweet, fruity
Camphor	Penetrating, medicinal
Cedarwood	Warm, woody, balsamic
Chamomile	Intense sweet, delightful
Cinnamon Bark	Warm, spicy
Cinnamon Cassia	Warm, spicy
Citronella	Pungent, musky, citrus-like
Clary Sage	Herbaceous, lavender-like
Clove	Warm, pungent
Cypress	Sweet balsamic, warm overtones of pine/juniper berry
Eucalyptus	Strong aromatic, camphoraceous
Eucalyptus Radiata	Fresh, camphorous, slight sweet & minty
Frankincense	Mild camphor and citrus
Geranium	Subtly sweet, floral
Ginger	Spicy, warm
Grapefruit	Sweet, citrus

Essential Oils Guides

Althea Press



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Essential Oils Guide Book Olivia Banks, 2018-09-12 Looking for books on essential oils and aromatherapy You've come to the right place Essential Oils Guide Book contains everything a new or seasoned oils enthusiast would want to know You'll explore the MANY benefits of aromatherapy and essential oils from home remedies to picking your first starter kit of oils it's all here Here's a quick preview of what's inside What Exactly are Essential Oils History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work Are Essential Oils Safe How to Use Essential Oils How to Treat Certain Ailments and Conditions Such as Stress Anxiety Allergies Headache Sleep and even Weight Loss with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More What are you waiting for Scroll up and click the Buy Now button to enter the exciting world of aromatherapy and essential oils [The Beginner's Guide to Essential Oils](#)

Dr. Josh Axe, Jordan Rubin, Ty Bollinger, 2019-12-17 The safe natural alternative to the dangers of prescription meds conventional personal care products and common household cleaners In their quest to help people around the world discover healing and a vibrant life health experts and bestselling authors Dr Josh Axe Jordan Rubin and Ty Bollinger have joined forces to share this **Aromatherapy**

Valerie Gennari Cooksley, 1996 A lifetime guide to healing with essential oils **Essential Oils for Beginners** Mary Jones, 2017-05-17 Finally The Essential Oils complete guide has arrived and you can start to benefit today Need to lose weight Head throbbing from stress at work Sneezing from an allergy that just won't go away These are common modern day maladies that modern medicine just can't seem to fix while costing a small fortune yet the solution is quite literally just under our noses in the form of essential oils Essential oils have been hitting headlines lately and with good reason these natural oils have been shown to help with health issues of all kinds offering aromatherapeutic benefits to people of all ages Now You can learn which essential oils to use how and when to use them with this complete guide the first on the market You'll discover everything you need to know about thirty premium essential oils including where you can purchase them and how you can then mix them to create a wonderful smelling concoction that helps you finally get rid of what ails you You'll also discover what to avoid and how much you should be paying all while discovering over 50 recipes that tackle common health issues and the best method to apply these essential oils for maximum exposure and benefit Here are just some of the very real benefits readers can derive from this book Which essential oils are safe to use for pregnant or breastfeeding women How you can use essential oils for weight loss Which essential oils relieve stress Which essential oils are toxic and safety instructions for dealing with any essential oils An essential oils complete guide for purchasing and using for issues like hair loss wrinkles acne anxiety etc What are the best brands of essential oils and which is the best smelling essential oil How to store essential oils How to instantly boost your energy with the power of essential oils Which essential oils are best for relieving your seasonal allergies A quick reference guide on essential oil usage for most common ailments and occasions The two biggest mistakes in using essential oils Essential Oils for Beginners is a

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Reference Guide for Essential Oils Connie Higley, Alan Higley, 2013

Aromatherapy Kathi Keville, Mindy Green, 2012-07-25 A comprehensive guide to using essential oils in health beauty and well being Aromatherapy offers countless uses for balancing body mind and spirit Drawing on 75 combined years of experience in botanical therapies Keville and Green provide a complete resource for students and practitioners This encyclopedic guide with more than 90 formulas details cosmetics perfumes and botanical therapies that will help you harness the healing power of plants to enhance your beauty health and overall well being

Essential Oils & Aromatherapy Marlene Houghton, 2018-12-04 In Focus Essential Oils Aromatherapy is your quick guide to the qualities and healing effects of every major essential oil including recipes for beauty home and health applications Essential oils have been used for centuries and across many cultures in holistic remedies for all types of common ailments Extracted from flowers seeds plants and trees natural oils are applied either topically or aromatically to give healing effects This artfully designed guide gives you easy access to the information you

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categorization of hazards and risks with recommended maximum doses and concentrations There are also 206 Constituent Profiles There is considerable discussion of carcinogens the human relevance of some of the animal data the validity of treating an essential oil as if it was a single chemical and the arbitrary nature of uncertainty factors There is a critique of current regulations The only comprehensive text on the safety of essential oils The first review of essential oil drug interactions Detailed essential oil constituent data not found in any other text Essential oil safety guidelines 400 essential oil profiles Five new chapters 305 new essential oil profiles including Cedarwood Clary sage Lavender Rose Sandalwood Tea tree 79 new constituent profiles Five new chapters the respiratory system the cardiovascular system the urinary system the digestive system the nervous system Significantly expanded text

A Beginner's Guide to Essential Oils Hayley Hobson, 2018-01-15 Discover the power of plant oils with this practical guide to their benefits with recipes included Every time you chop herbs for your salad or sprinkle cinnamon on your oatmeal you get to experience essential oil compounds In this guide internationally known speaker and wellness expert Hayley Hobson gives you the information you need to harness the benefits of essential oils by understanding how they work how to ensure quality and how to use them safely and effectively for specific purposes Hayley's program promotes a holistic path to wellness by incorporating the use of essential oils with a regimen of exercise healthy eating and mental and emotional practices Learn about Hayley's signature recipes created for specific purposes Helpful remedies Daily changes Safe handling and usage Using oils to create balance as part of a holistic lifestyle Why we get out of balance in the first place A 31 Day plan with daily inspiration

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