

# ESSENTIAL FAMILIES

## Quick Reference Guide for your Everyday Oils



### LEMON

- May help support the immune system
- May help energize/stimulate the mind and body
- Can be used in your skin care recipes
- Helps clean, degrease and disinfect surfaces
- May act as an appetite suppressant



### FRANKINCENSE

- Can be used in your skin care recipes
- May help reduce the appearance of aging
- Helps alleviate occasional nervous irritability
- May help support the immune system
- Diffuse to enjoy a comforting aroma



### RC

- Apply to the chest, back &/or throat area to support a healthy respiratory system during times of irritation
- Add to a hot compress and place on chest for added support
- Diffuse overnight to combat snoring and promote a restful sleep



### PANAWAY

- May help with muscle pain after exercise
- May help alleviate minor aches and pains
- May soothe sore joints
- May soothe tension related neck and head pain



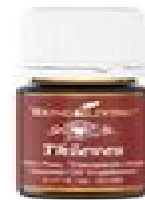
### LAVENDER

- May give you a more peaceful night's sleep
- Use in your favorite skin care recipes
- May soothe minor skin irritations
- Enhances relaxation
- May minimize seasonal discomforts
- Deodorize closets and drawers
- May help in minimizing scar tissue or wrinkles



### PURIFICATION

- May be used to cleanse and soothe skin
- Helps purify the air from odors
- May help relieve bug bites
- May be used as insect repellent
- May help minimize seasonal discomforts
- Deodorize closets and drawers
- May minimize ear pain



### THIEVES

- Best choice for fighting germs
- Helps clean and disinfect surfaces
- May support healthy immune function
- Diffuse to help purify the air
- May help minimize teeth or gum pain



### COPAIBA

- Promotes wellness
- Apply topically as part of a daily health regimen
- Mix with honey and warm water to create a post workout tea
- Helps support the muscular and nervous systems



### PEPPERMINT

- May help with alertness
- May help soothe tummy troubles
- May help open up a stuffy nose
- May help relieve tension related aches and pains
- May help support healthy lung function
- Also used to flavor teas and recipes



### DIGIZE

- Take this one with you when traveling, especially abroad, to support a healthy digestive system
- Soothe tummy troubles of all kinds by diluting with a carrier oil and massaging on your stomach or vital points of the feet

# Essential Oil Guide

**Olivia Banks**



## **Essential Oil Guide:**

**Essential Oil Safety** Robert Tisserand, Rodney Young, 2013-12-02 The second edition of this book is virtually a new book It is the only comprehensive text on the safety of essential oils and the first review of essential oil drug interactions and provides detailed essential oil constituent data not found in any other text Much of the existing text has been re written and 80% of the text is completely new There are 400 comprehensive essential oil profiles and almost 4000 references There are new chapters on the respiratory system the cardiovascular system the urinary system the digestive system and the nervous system For each essential oil there is a full breakdown of constituents and a clear 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

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*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

**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 need to use them effectively After a detailed summary of each major oil recipes of specific oil blends for numerous treatments are presented including helpful hints and tips With practice and with In Focus Essential Oils Aromatherapy in hand you will be able to understand and use essential oils for countless purposes including Headaches Runny nose Allergies Common colds Cooking Perfume Deodorizing Stain removal The In Focus series applies a modern approach to teaching the classic body mind and spirit subjects Authored by experts in their respective fields these beginner s guides feature smartly designed visual material that clearly illustrates key topics within each subject As a bonus each book includes reference cards or a poster held in an envelope inside the back cover that give you a quick go to guide containing the most important information on the subject      *Reference Guide for Essential Oils* Connie Higley, Alan Higley, 2013      **A Complete Essential Oils Reference Guide** Nancy Connor, 2019-12-18 This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more holistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies Over 500 Essential Oil and Aromatherapy Oil Remedies Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life      **The Encyclopedia of Essential Oils** Julia Lawless, 2013-06-01 At last a clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes John Steele American Aromatherapy Association The definitive AZ reference guide to essential aromatherapy oils Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils From commonly used oils such as lavender frankincense ylang ylang and tea tree oils to the more obscure oils including deertounge oakmoss cananga and angelica The Encyclopedia of Essential Oils offers a wide variety of uses and cures for everything from wrinkles to kidney stones The Encyclopedia of Essential Oils gives detailed information on the most

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**Essential Oils: the Complete Guide (Essential Oils Guide, Essential Oils for Beginners, Essential Oils for Weight Loss, Aromatherapy)** Coral James, 2016-02-06 There are many essential oil books out there but very few are written by experts that really know what the complex details of essential oils In this book you are going to learn about the history of essential oils using the essential oils aromatically topical and internal safety precautions when using essential oils essential oils for weight loss essential oils for stress essential oils for sleep and so much more

**The Beginners Guide to Making Your Own Essential Oils** Lindsey P, 2014-12-16 JUST RELEASED 2ND EDITION First ever available book on making essential oils Do not be fooled There are plenty of books that discuss the making of essential oils sure but these books are about taking pre made essential oils and adding ingredients to making a specific kind of essential oil such as lavender or nutmeg These books are common This is where your gonna get something different This book discusses the process of actually making essential oil base ingredients before adding items to make a specific kind of essential oils Do you not want to make your own product from scratch Control the entire process from start to finish So start today by downloading this original copy of making your own essential oils Making Essential Oils Discussed What Are Essential Oils An Easy Way To Make Your Own Essential Oil At Home How To Make Your Own Essential Oil At Home Through Distillation How To Use Oil To Extract Essential Oil Essential Oils Uses And Benefits List Of Essential Oils And Their Uses Much much more Do not wait any longer purchase your copy today

*Essential Aromatherapy* Susan Worwood, Valerie Ann Worwood, 2012-08-22 Here is a complete guide to aromatherapy a modern healing technique with ancient origins Essential Aromatherapy organizes essential oils into alphabetical listings providing their profiles applications and the physical and emotional conditions that warrant their use Also included are detailed treatments for a variety of ailments and special circumstances

**Reference Guide for Essential Oils** , 1996

**Essential Oil for Beginners** Olivia Banks, 2018-02-23 Essential Oil for Beginners is your ultimate one stop shop to diving in to the world of aromatherapy and essential oils Olivia Banks takes you through the most important aspects of

essential oils that all beginners need to know She discusses the history of essential oils the benefits of essential oils household uses of essential oils safety tips for beginners how to pick out your first set of essential oils essential oils for energy essential oils for anxiety essential oils for sleep essential oils for headaches and so much more Grab your copy today and join the millions of people who are already using these oils for natural health and loving every minute of it

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**The Essential Oils Complete Reference Guide** KG Stiles, 2017-01-31 KG Stiles shows you how to create essential oil recipes to shift your mindset and connect your body and mind featuring more than 1000 cures for every ailment from sleeping problems to healing sinuses An aromatherapist to stars like Yo Yo Ma Sela War Charles Barkley and Tommy Lee KG provides prescriptions with personalized formulas for your ailment You'll learn which oils work best for certain problems and will be introduced to new oils you may not have heard of before The balanced blended recipes include a broad spectrum of solutions for various conditions You'll build connections with plants and experience nature with your ability to heal yourself as the aromatic oils stimulate your powerful olfactory nerves

**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

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**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



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