

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 vitalflex points of the feet

Essential Oil Guide

Peipei Pang



Essential Oil Guide:

The Essential Oil Guide Book Skriuwer Com,2024-07-28 The Essential Oil Guidebook is a comprehensive resource designed to educate and inspire those new to or already familiar with the use of essential oils This detailed guide explores the definition historical significance and therapeutic benefits of essential oils offering readers the tools to integrate these potent natural remedies into their daily lives Starting with a deep dive into what essential oils are their extraction methods and the basic chemistry that gives them their potency the book sets a solid foundation for safe and effective use It outlines safety guidelines to help avoid side effects and teaches readers how to perform patch tests to prevent allergic reactions Each chapter is rich with detailed profiles on popular oils like lavender peppermint and tea tree explaining their benefits and applications The guide doesn't just list uses but also provides recipes for blending oils for everything from mental well being to pain relief and immune support It covers various methods of use from aromatic and topical applications to the proper use of carrier oils and the complexities of internal use under guidance Beyond personal use the book offers solutions for household cleaning skincare and even pet care emphasizing the versatility of essential oils in everyday life Advanced chapters discuss the art of creating custom blends tailored to individual needs and integrating essential oils into yoga meditation and even culinary practices As essential oils continue to gain popularity The Essential Oil Guidebook also addresses the importance of sustainability and ethical sourcing encouraging readers to make informed choices about the oils they use The conclusion and appendices provide a recap of key points additional resources and a directory of essential oils making this book an invaluable resource for anyone looking to enhance their health and wellbeing naturally [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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Table of Contents Essential Oil Guide

1. Understanding the eBook Essential Oil Guide
 - The Rise of Digital Reading Essential Oil Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Essential Oil Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Essential Oil Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Essential Oil Guide
 - Personalized Recommendations
 - Essential Oil Guide User Reviews and Ratings
 - Essential Oil Guide and Bestseller Lists

5. Accessing Essential Oil Guide Free and Paid eBooks
 - Essential Oil Guide Public Domain eBooks
 - Essential Oil Guide eBook Subscription Services
 - Essential Oil Guide Budget-Friendly Options
6. Navigating Essential Oil Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Essential Oil Guide Compatibility with Devices
 - Essential Oil Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Essential Oil Guide
 - Highlighting and Note-Taking Essential Oil Guide
 - Interactive Elements Essential Oil Guide
8. Staying Engaged with Essential Oil Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Essential Oil Guide
9. Balancing eBooks and Physical Books Essential Oil Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Essential Oil Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Essential Oil Guide
 - Setting Reading Goals Essential Oil Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Essential Oil Guide
 - Fact-Checking eBook Content of Essential Oil Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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