

Essential Oil Benefits Guide



BENEFIT ESSENTIAL OIL

ALLEVIATE PAIN: PEPPERMINT, LAVENDER, EUCALYPTUS, ROSEMARY, TURMERIC

BOOST IMMUNITY: CLOVE, FRANKINCENSE, LEMON, MYRRH, GINGER, THYME

BOOST MOOD: YLANG YLANG, LAVENDER, ORANGE, FRANKINCENSE, ROSE, VETIVER

REDUCE
INFLAMMATION: CHAMOMILE, FRANKINCENSE, EUCALYPTUS, PEPPERMINT, ROSEMARY, TURMERIC

REDUCE STRESS: LAVENDER, BERGAMOT, CHAMOMILE, FRANKINCENSE, ROSE, YLANG YLANG



THE TRUTH ABOUT
CANCER
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Essential Oils For Healing Guide

Kathi Keville



Essential Oils For Healing Guide:

Aromatherapy Valerie Gennari Cooksley,1996 A lifetime guide to healing with essential oils *Aromatherapy* Bella Sherwood,2015-10-06 Don t you want to give your family the best possible chance to live a happy healthy life SPECIAL OFFER LIMITED TIME OFFER 40% OFF Regular Price 4 99 Are you in control of your family s health Do you rely on over the counter drugs for all of your everyday aches and pains Stop taking shortcuts that could lead to long term health issues and give yourself and your loved ones the life they deserve In this book we will show you the correct safe way to improve your lifestyle and health In the wrong hands aromatherapy can be useless or even dangerous We cover the techniques basics and background that you will require to apply essential oils via a range of methods This resource is perfect whether you are just starting to research the science of aromatherapy or whether you are already working or practicing as a natural therapist In this book you will learn the following practical information The fundamental knowledge that you will require to ensure correct usage and application of essential oils How to effectively avoid the wrong essential oils that may put your family in danger The 100% best methods to ensure that your essential oil dilution is correct An in depth tutorial on carrier oils and blending Professional advice on where and in what situation you can best use your essential oil blends An overview and discussion on how to use essential oils for sanitizing and cleaning purposes BONUS An exclusive access to our special checklist for essential oil use and much much more So what are you waiting for Get started today and understand the basics of using essential oils for improving health and lifestyle SPECIAL OFFER LIMITED TIME OFFER 40% OFF Regular Price 4 99 This 1 Best Selling Critically Acclaimed Book is now available Globally on Amazon Download it Now *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 for Healing* Donald Brady,2021-04-07 To get your hormones back into balance you need to know which essential oils can help fortify which glands in this system It is by creating synergistic mixtures for the glands that we can start bringing the hormones back into balance by triggering them to produce the right amount of hormones needed Here s a preview of what you will learn What exactly are essential oils History of essential oils Health benefits of aromatherapy oils and essential oils Household uses How do essential oils work How beginners can safely use essential oils A buying guide to help you learn how to choose the best oils How to treat certain ailments and conditions such as stress anxiety allergies headaches sleep and even weight loss With essential oils And so much more Within the longevity chapter you ll find recipes to help reduce stress and anxiety as well as boost your memory These recipes can be used in several different ways but here you ll only find recipes that are topical or used in a diffuser

There are no edible recipes because you should consult a physician before taking anything There are many benefits of topical and diffuser recipes so edible recipes should not concern you too much Essential Oils Reference Guide Library KG. Stiles,2016 ESSENTIAL OILS REFERENCE GUIDE LIBRARY 6 BOOK HEALING BUNDLE Quick and helpful reference guides to healing with essential oils 1 ESSENTIAL OILS QUICK REFERENCE GUIDE For Over 100 Common Ailments Use this comprehensive quick reference guide to explore a wide variety of essential oils to use for over 100 ailments for your body mind spirit and emotions CHEMISTRY Books 2 3 4 Chemistry is the science of aromatherapy These three Essential Oil Chemistry Reference Guides gives a brief and general overview of 12 chemical families and includes a list of essential oils by their chemical properties actions and effects as well as aromatic qualities 2 ESSENTIAL OIL CHEMISTRY Formulating Essential Oil Blends that Heal Alcohol Sesquiterpene Ester Ether 3 ESSENTIAL OIL CHEMISTRY Formulating Essential Oil Blends that Heal Aldehyde Ketone Lactone 4 ESSENTIAL OIL CHEMISTRY Formulating Essential Oil Blends that Heal Monoterpene Oxide Phenol 5 AROMATHERAPY HEALING POWER OF SCENT Blending Secrets Guide Plus 18 Classifications of Aroma 6 CHEMISTRY ESSENTIAL OILS Quick Reference Guide Summary of Chemical Families Properties Actions Effects I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is unsurpassed Eldon Taylor Ph D FAPA New York Times Best selling Author Choices and Illusions I highly recommend this to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique John L Turner MD It has been a pleasure working with KG Stiles She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils Thank you KG Linda McGwire RN BSN HNC BA About the LoveNotes brand LoveNotes are short reads and summary books created with the intention to inspire and support you to create the truly satisfying life you desire Each LoveNote focuses on a specialized topic of interest and is created to help you save valuable time and get to the heart of what s most important to you quickly Hope you love your LoveNotes as much as I enjoy creating them for you Aromatically yours KG Stiles Author Metaphysician Coach Certified Clinical Aromatherapist Founder PurePlant Essentials Aromatherapy Aromatherapy and Essential Oils Adahi Flores,2014-11-06 With this Aromatherapy and Essential Oils you re about to discover a proven strategy on how to use benefit from this great source we have available and naturally cure ailments improve your health and soothe your mind and body In this book you will learn how to harness the power of essential oils and aromatherapy to prevent and heal disease This book contains basic knowledge about essential oils its journey in the course of history importance to our modern life and easy DIY recipe mix and uses While there are some technical concepts presented here particularly with regards to the biochemical effects of these oils to the human body in general the details thus discussed here were written and constructed in such a way that beginners of aromatherapy will definitely understand and enjoy In fact you can even begin to concoct your own essential oil recipe mix

with an easy count of 1 2 3 to 30 and rip the benefits of aromatherapy Essential oils may be complex substances that still require delicate and safe handling actions but it doesn't mean that you'd have to attain a degree in chemistry to work your way around it This book will show you that working with essential oils can be practical worthwhile health wise and absolutely enjoyable all at the same time Using Essential Oils and aromatherapy you can start living a healthier and more sustainable lifestyle right away through the power of essential oils Here Is A Preview Of What You'll Learn History of Aromatherapy What You Need to Know about Essential Oils Beginnings Essential Oils Recipes Basic Essential Oil Kit How Aromatherapy and Essential Oils Work Their Magic Concocting Your Own Essential Oil Mix for Different Purposes More Tips to Remember About Essential Oils and Their Uses Essential Oil Recipes for Skin and Body Care Learn How to Use and Care for Therapeutic Essential Oils How to Protect your Family from Hidden Toxins And Much much more Get your essential oils copy today

The Healing Powers of Essential Oils Cal Orey, 2019-12-31 Boost your immune system with antioxidants lower your risk for the flu cancer diabetes heart disease and more with ordinary everyday ingredients you can find at home and make healthy green choices in today's fast changing world Follow your nose to nature's pharmacy the garden where the essence of flowers fruits and trees provide some of our most powerful and pleasurable sources of health and healing Essential oils including peppermint eucalyptus rose and tea tree are nature's ancient medicine abundant with therapeutic effects The latest scientific research shows that many popular essential oils and aromatherapy can boost your health and well being adding years to your life This fascinating guide gives you the down to earth scoop on the top twenty oils all of which are budget friendly and available year round in everyday products at your grocery store health food store and online Learn how nature's bouquet can help you Fight colds and stomach woes with medicinal eucalyptus and mint slow the aging process and lower your risk of cancer heart disease and depression with relaxing chamomile and lavender Naturally enhance flavor in dishes for every season with sweet smelling foods like Cinnamon Rolls and Gingerbread Squares that lift your mood and trigger fond memories Discover dozens of home remedies to ease anxiety and stress improve sleep sharpen brainpower increase energy heal skin problems and more Enjoy over 50 recipes for delicious dishes from salads soups and entrees to desserts including Lemon Oil Raspberry Muffins and Roast Chicken with Orange and Rosemary Sprinkled with feel good stories and memorable legends The Healing Powers of Essential Oils shows you how the comfort and calm of scent can help you get healthy and stay healthy while taking you on an exciting and life changing aromatic adventure Includes color photos

Essential Oils & Aromatherapy For Dummies Kathi Keville, 2023-06-20 Reduce anxiety manage pain improve sleep and more with the healing power of aromatherapy and essential oils Looking for natural and organic ways to support your mind body and spirit Then look no further than the ancient practice of aromatherapy In Essential Oils Aromatherapy For Dummies Second Edition you'll find simple and easy advice on everything from therapeutics to cosmetics as well as the recreational use of essential oils Internationally known herbalist and aromatherapist Kathi Keville offers straightforward remedies for dozens of common

conditions you can use immediately to make yourself or someone you love feel better Easily prepare your next natural remedy at home or at work with guidance on how to use essential oils and aromatherapy in familiar settings or find in depth coverage of how to use essential oils in conjunction with therapeutic massage You ll also discover What to look for in a great aromatherapy scent and how to shop for and store herbs and ingredients How to use aromatherapy in different settings including your home office and gym Quick tips on easy ways to add helpful fragrances to your life An easy to use and fun guide to safely and easily treating hundreds of frequently occurring ailments Essential Oils Aromatherapy For Dummies Second Edition will help you use organic and herbal ingredients to increase your focus improve concentration relieve tension and get more sleep Try it today **Essential Oil Recipes** Luis Franco,2020-04-27 Do you know what essential oils are Do you know what they can do for you If you are like many you think they are a new phenomenon thought up in the 21st century as a new method of holistic medicine That s not at all true though In fact as you will learn in the first part of this book essential oils and the idea of aromatherapy have been around for thousands and thousands of years People have known for a very long time what they could do These days the oils have become so well known and so scientifically studied that they are being used in conjunction with traditional medicine That certainly means a lot of people believe in them The purpose of this book is to tell you everything you need to know about essential oils and it has been broken down into sections In the first section we will discuss essential oils in general The last section will provide you with further resources and information that you will need to know It even includes an extensive list of essential oil recipes that you can use for yourself or even to clean your home So are you ready to put aside any preconceived notions you may have had about essential oils and then learn what they truly areIn the first section we will discuss essential oils in general The last section will provide you with further resources and information that you will need to know It even includes an extensive list of essential oil recipes that you can use for yourself or even to clean your home **Healing Secrets of Essential Oils** Valerie Gennari Cooksley,1996

Essential Oils Collection : Easy To Follow Guides For Beginners To Use Essential Oils For Healing Benefits Old Natural Ways,2019-12-09 Do you know about the benefits of major essential oils Essential oils are becoming one of the biggest and best ways to help your body whenever you re feeling bad or even just to help overall health and wellness For many people they believe that essential oils aren t all that but the truth is they are and there is so much that these oils can do With essential oils you ll be able to help cure many major illnesses and other issues that you might not be able to otherwise How you ask Well you re about to find out This book will give you the lowdown on essential oils including the top eight ones for health and wellness along with why you d consider essential oils in the first place By the end of this you ll be able to have the power to take care of your body through the use of essential oils and you ll be able to do a whole lot with this as well You can get a lot of great benefits from essential oils How you ask Well you need to start reading on and see just what essential oils can do for you including why you d even consider essential oils and some of the best essential oils for you to try By the end of

this you ll be able to take care of your body and do so much more with these essential oils that you won t want to look back at all

Essential Oils & Aromatherapy Reloaded: The Complete Step by Step Guide Janet Evans,2013-09-05 Essential Oils Are a Natural and Effective Way to Look beautiful and claim your perfect health Do you want to find out how to create a healthier lifestyle for yourself and your family by using essential oils Essential Oils Aromatherapy Reloaded The Complete Step by Step Guide is a book containing practical and easy to understand form detailing every conceivable use for essential oils and aromatherapy in everyday life Pick it up Today

The Complete Chakra & Energy Healing Library KG Stiles,2025-03-04 Unlock the secrets of the chakra system and energy healing with this comprehensive guide to holistic wellness Whether you re a beginner or an advanced practitioner this book offers practical techniques to balance and align your chakras for greater health vitality and spiritual well being If you re looking to deepen your spiritual practice harness the power of energy medicine or integrate chakra healing into your daily life Complete Chakra Energy Healing Library is your ultimate resource Includes 1 WHAT ARE CHAKRAS Brief explanation about chakras their purpose how they function and importance of keeping them clear balanced and healthy What Free Will has to do with your chakras Guided chakra attunement 2 WHAT ARE CHAKRA ENERGY BLOCKS How to tell if you have blocked or excessively open chakras What happens when a chakra is chronically blocked and imbalanced Symptoms of imbalance for your 7 Major and 8th 9th chakras Three ways to clear a blocked chakra and how to make your own healing gemstone and crystal water 3 CHAKRA MEDITATIONS Pranic Rainbow Light Breathing Meditations for Your 7 Major Chakras 4 CHAKRA AROMATHERAPY Practical guide to aromatherapy for balancing your 7 Major and 8th 9th Chakras Learn more than 40 essential oils to balance your chakras You ll also be be given the aroma qualities and properties of essential oils that have a balancing effect on each chakra Learn how you can make your own chakra anointing oils 5 CHAKRA ASTROLOGY You don t have to know anything about astrology for this method of balancing your chakras to be effective Be guided to harmonize your chakras with the unique signature blueprint represented by your personal astrology 6 ENERGY CLEARING CHAKRA HEALING Learn eight 8 transformative breathing practices to clear space remove obstacles and experience emotional healing 7 MANIFESTING ABUNDANCE Learn how to use your kundalini energy for manifesting your reality and creating exactly what you want Wealth Manifesting Meditation 8 THE CHAKRA HEALING BOOK Healing gemstones and crystals with their inherent sound and color frequency patterns may be used for effectively clearing balancing and enhancing each of your chakras Discover more than 40 healing gemstones and crystals you can use for balancing each your 7 Major and 8th 9th Chakras 9 CHAKRA POWER Quick Reference Guide to the 7 Major ad 8th 9th Chakras Recommended Reading Goes way beyond other sources of information about the chakra system for working with these energy centers KG Stiles has done a remarkable of of condensing these complexities into a form that s both informative and easy to read Dr Steven D Farmer Best selling author Animal Spirit Guides and Earth Magic KG Stiles 40 years of experience combined with her passion to assist the personal growth and wellness of all is unsurpassed Eldon Taylor

Ph D New York Times Best selling Author Choices and Illusions KG Stiles BA CBT CBP LMT is a metaphysician astrologer and certified clinical aromatherapist with over four decades of experience in the holistic health field She has worked with internationally known celebrities athletes and hospitals integrating aromatherapy and energy medicine into wellness practices She s a specialist in energy healing chakra balancing and essential oils integrating modalities such as sound healing breathwork crystals and guided meditation for transformation and well being KG s work has been featured in national and international publications including Massage Therapy Journal and Aromatherapy Today She has served as a NAHA Director for Southern Oregon and a Continuing Education Provider for professional aromatherapists

Spirit Allies & Healing Guides Dawn McLaughlin, 2024-05-08 Assemble Your Spiritual Dream Team for Greater Health Happiness Heal yourself on all levels with assistance from your hand picked celestial support system In this transformative guide Dawn McLaughlin invites you to connect with deities angels saints bodhisattvas elementals and other high vibrational beings eager to accompany you through life s ups and downs Dawn teaches essential skills for collaborating with your allies from grounding your energy to awakening your psychic senses Discover different types of spirits and explore techniques for effective communication Learn how to cultivate meaningful relationships with your divine partners and study the seven keys that ensure positive outcomes This invaluable resource also features encyclopedic listings of nearly 100 diverse beings who stand ready to join your support system Mend romantic relationships with the goddess Frejya s help improve emotional well being with Archangel Gabriel s guidance and achieve inner peace with ascended master Yogananda s wisdom Enriched with history mythology and hands on activities this book empowers you to heal yourself and others paving the way for a life overflowing with joy and fulfillment

[Chinese Medicine Guidebook Balance the 5 Elements & Organ Meridians with Essential Oils \(Summary Book Version\)](#) KG Stiles, 2023-12-21 Harness the Power of Traditional Chinese Medicine Aromatherapy to Restore Balance and Vitality Discover the ancient wisdom of Traditional Chinese Medicine TCM and how essential oils can help restore balance to the Five Elements and revitalize your energy flow In this comprehensive guide bestselling author and aromatherapist KG Stiles reveals powerful natural remedies used for centuries to support holistic healing If you ve ever felt stuck unbalanced or drained this book will teach you how to align your energy promote well being and regain harmony through the Five Elements Wood Fire Earth Metal and Water and the corresponding organ meridians Inside This Guide You ll Discover The key powers properties and associations of the Five Elements How each element connects to body parts chakras and energy flow Signs of balance and imbalance in each element Physical and emotional symptoms of stagnation and blockage Essential oils for balancing the Five Elements and organ meridians Safe application methods for maximum healing benefits How to select the right essential oils for targeted therapeutic effects The power of Adaptogenic Oils natural super oils that regulate and restore energy flow Adaptogenic Essential Oils The Super Oils for Balance Certain adaptogenic oils have a unique ability to increase or decrease the energy of an element and regulate the flow

of Chi in organ meridians as needed These powerful oils serve as natural healers helping you stay in balance mentally physically and emotionally Praise for KG Stiles Work I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience and passion to facilitate personal growth and wellness is unsurpassed Eldon Taylor Ph D FAPA New York Times Bestselling Author of Choices and Illusions This book is a must read for anyone interested in holistic healing and the profound ways aromatherapy can be applied as an effective mind body technique John L Turner MD Neurosurgeon Author of Medicine Miracles Manifestations KG Stiles books go way beyond most other authorities on aromatherapy and holistic healing Highly recommended Steven Farmer Ph D Bestselling Author of Earth Magic Why This Guide is a Must Have Whether you re a holistic health practitioner acupuncturist energy healer or simply someone looking to enhance your well being this book will empower you with practical easy to follow techniques to bring balance harmony and vitality into your life Perfect for those interested in Traditional Chinese Medicine TCM and the Five Elements Aromatherapy for Healing and Energy Balance Natural Remedies for emotional and physical well being Acupuncture Meridians and holistic health practices Essential Oils for Health Wellness About KG Stiles With over four decades of experience KG Stiles has helped tens of thousands of people overcome health challenges and achieve holistic well being Known as the Aromatherapist to the Stars her clients have included world renowned celebrities top executives and hospitals She is a bestselling author clinical aromatherapist and NAHA approved Continuing Education Provider Get Your Copy Today Start your journey to balance and energy healing with this powerful Chinese Medicine Summary Guidebook a must have resource for anyone seeking to harness the power of essential oils and Traditional Chinese Medicine for holistic healing [The Essential Guide to Aromatherapy and Vibrational Healing](#) Margaret Ann Lembo,2016-03-08 Improve your life and enhance your healing practice with The Essential Guide to Aromatherapy and Vibrational Healing an A to Z guide to sixty essential oils and their corresponding vibrational elements Renowned author Margaret Ann Lembo shows you how to achieve physical spiritual and emotional balance using a variety of vibrational tools including Flower Essences Gemstone Essences Chakras Divine Messengers Zodiac Signs Planets Colors Numbers Animals Holy Water Discover how different oils can be combined with the power of intention to create and maintain positive change in your life Learn how aroma energetic practices support your journey to self awareness and well being Outlining detailed information on all sixty essential oils from therapeutic properties and fragrances to complementary essences and interesting tidbits this comprehensive book provides everything you need to heal transform and evolve on every level Praise This is absolutely the best book I ve read on the topic It s all here and more Cyndi Dale author of The Complete Book of Chakra Healing An off the charts must have resource to have in your home With such clean style and grace she reviews the history the mystical and all practical applications of essential oils AMAZING Joan Ranquet author of Energy Healing for Animals *Ancient Healing for Modern People: Food, Herbs & Essential Oils to Detox, Cleanse & Rejuvenate the Body, Mind & Soul* Michele Arnold-Pirtle, DACM, L.Ac.,2018-09-30 Western science along

with Chinese Medicine both confirm that a healthy gut is necessary for our immune systems In addition there are more neurons in our gut than our brain and we also know the gut and its hormones affects our brain emotions and behavior Plus the musculoskeletal system depends on digestion for healthy movement and relaxation Our guts extract the vital nutrients we need from our food and drink to nourish our joints bones and muscles Begin with a 10 day essential body detox and gut restoration program using essential oil protocols and a healing rice congee porridge to release toxic buildup and kick start your metabolism This is a gentle way to cleanse the body s organs naturally responsible for detoxification such as the liver lungs colon kidneys and skin The essential oil protocols 10 day daily menu and food remedies provide support to help your organs function optimally so that they can do what they re supposed to do in metabolism and digestion They also contribute to the release of emotional and spiritual blockages Bring yourself back into balance

The Comprehensive Vibrational Healing Guide - Life Energy Healing Modalities, Flower Essences, Crystal Elixirs, Homeopathy and the Human Biofield Maya Cointreau, 2013-05-13 An Amazon 1 Bestseller in Mental Spiritual Healing The Comprehensive Vibrational Healing Guide covers hundreds of holistic remedies that work with the body s natural energetic rhythm to foster better emotional spiritual and physical health Maya Cointreau walks you through the layers of the body biofield explaining vital concepts such as chakras meridians and elemental theory so that you can choose the remedies that will work best for you and your family Quantum physics and rigorous scientific studies are explored shedding light on how and why vibrational healing works so well in conjunction with modern allopathic medicine Vibrational remedies are energy medicine Everything in this book is designed to balance or enhance the energy patterns in the body so that it can heal itself All vibrational remedies shift our energy so that we can feel better So that we can be better Learn how to effectively use mind body techniques such as EFT meditation and affirmations Create and use your own flower essences and homeopathic remedies or choose from hundreds of remedies that are on the market today including essential oils and crystal elixirs Understand the power of UV light and how to harness its healing potential through the use of LED lights or colors Hands on healing therapies such as Reiki Polarity Therapeutic Touch and Qigong Healing are all explained as well the basic tenets of Ayurveda Won Ki and Traditional Chinese Medicine Harness modern technological breakthroughs from NASA and other respected scientists and take charge of your healing process Powerful Holistic Healing Modalities from the Comprehensive Vibrational Healing Guide The Human Biofield Chakras Meridians Reiki Polarity Therapy Therapeutic Touch Ayurveda Traditional Chinese Medicine EFT Meditation and Affirmations Aromatherapy Homeopathy Brain Waves Learning and Sound Healing UV Light Color Therapy Learn to Create and Use Your Own Remedies Electro Magnetic Quantum Healing Technologies Biofeedback BioResonance and Rife Machines Maya Cointreau will take you on a journey towards a new way of living life She makes it easy to relate to the material and her words will leave you feeling confident and self empowered Kathy Lalonde RPP

Essential Oils for Healing Janie Sanders, 2016-08-09 Discover New Secrets Healing Benefits of Essential Oils FREE GIFT INSIDE The Top 250 Newly

Discovered Essential Oils Recipes for Weight loss anti Aging Aromatherapy Beauty and Natural Cleansing Essential oils have played a very important part in the history of mankind They were enjoyed by royalty and peasants alike Our ancestors didn't have the options that we have today They couldn't pick up the phone and get a doctor's appointment when they felt the flu coming on They couldn't schedule a laser surgery when their back was going out What they did have were plants herbs spices and flowers that they used for healing If you are interested in learning more about the healing powers of essential oils this book is for you The scientifically proven chemical make up of some of the most popular essential oils are outlined in this book and matched with common illnesses they are successfully used to treat Did you know that Thyme essential oil is effective against antibiotic resistant strains of infections and also promotes the nervous system Bupleurum essential oil is so calming it has helped many ditch their nicotine habit If you have sore muscles and are in need of a boost in mood the sweet evergreen scented Birch essential oil can help you out in both areas You will be amazed as you learn one remedy after another as the secrets of essential oil healing are unlocked before your very eyes You will learn how to choose not only the essential oils that can cure your illnesses but carrier oils that can add even more healing benefits Plus you will learn to blend oils yourself so that you can make customized healing cocktails In this book you will find the information you need in order to become an authority on essential oils and their healing benefits Start reading today to learn the powerful secrets healing of essential oils and how you can benefit from them Go to the top of the page and click the orange Add To Cart button on the right to order now because with the secrets reveal in this book you will heal

Essential Oils (Speedy Study Guides)

Speedy Publishing, 2014-06-17 Essential oils are potent concentrated oils extracted naturally from various plants They are often used in aromatherapy and massage therapy and are occasionally taken orally Essential oils can be used to treat emotional problems such as depression anxiety sleeplessness and lethargy They can also be used to treat medical problems such as poor circulation and respiratory issues Additionally they are used in cosmetics to treat dandruff acne and other skin conditions Essential oils are great because they are powerful in small doses making them easy to carry Although they are powerful many essential oils can be used therapeutically without professional assistance making them cost efficient and convenient

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Essential Oils For Healing Guide Introduction

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