

GUIDE TO Using Essential Oils Topically

Temples

APPLY:



Peppermint



Lavender



Basil

HELPS: Stress, nausea, motion sickness, insomnia, headaches

Outside of Ears

APPLY:



Juniper



Lavender



Basil

HELPS: Earache and swimmer's ear

Chest

APPLY:



Eucalyptus



Peppermint



Lemon

HELPS: Chest congestion, coughs, asthma, bronchitis

Abdomen

APPLY:



Ylang ylang



Bergamot

HELPS: Depression, high blood pressure, stress

Heels

APPLY:



Clary sage



Myrtle

HELPS: Ovaries and reproductive system

Shoulders

APPLY:



Ylang ylang



Clove



Wintergreen

HELPS: Shoulder and joint pain

Over Heart

APPLY:



Ylang ylang



Bergamot

HELPS: Depression, high blood pressure, stress

Wrists

APPLY:



Vetiver



Basil



Lemongrass



Myrrh

HELPS: Carpal tunnel syndrome

Base of Big Toe

APPLY:



Myrtle

HELPS: Metabolism, thyroid and pituitary gland



Essential Oil Usage Guide

Rachel S Tattersall



Essential Oil Usage Guide:

Essential Oils & Aromatherapy, An Introductory Guide Sonoma Press, 2014-12-01 Your personal guide to using essential oils and aromatherapy for your health home and beauty regimen Lavender peppermint rosemary and other healing plants are likely right at your fingertips or just beyond at a nearby garden Now unlocking their healing powers is too Essential Oils and Aromatherapy An Introductory Guide offers all the techniques tools and tips you need to start creating natural toxic free medicine and everyday household products from the comfort of your home Essential Oils and Aromatherapy contains A Comprehensive Introduction covering everything you need to know to get started with essential oils 300 Recipes providing comforting remedies for your health and home plus beauty and skincare recipes Helpful Techniques for measuring dispensing and blending essential oils like a seasoned aromatherapist plus tips for massage acupressure inhalation and more Personal Apothecary featuring in depth profiles of more than 60 essential oils for you to choose the best ones for your needs Recipes in Essential Oils and Aromatherapy address common ailments such as acne migraines nausea and stress Toxin Free Household Items such as lavender laundry detergent and all purpose cleaner to air fresheners Beauty Treatments such as face masks body butter and soothing bath salts and much more

The Beginner's Guide to Essential Oils Christina Anthis, 2019-08-20 The essential beginner's guide to healing with essential oils The Beginner's Guide to Essential Oils puts the power of natural healing in your hands This straightforward essential oils book distills the knowledge you need to unlock the potential of commonly found essential oils Start making nourishing all natural and affordable remedies to treat a variety of conditions even make your own skin care and home cleaning products This essential oils book explores the many modern applications of essential oils from herbal medicine to aromatherapy to natural beauty Discover profiles detailing the aromas and therapeutic actions of 30 favorite essential oils Breathe easy with guidelines for safe use during pregnancy and instructions on diluting formulas for babies and children You can begin your journey right away with any of the 100 included recipes for health and home In The Beginner's Guide to Essential Oils you'll find 30 essential oil profiles Find practical applications blending and substitution suggestions and more for 30 common essential oils 10 complementary oils Learn the properties and best uses of 10 popular carrier oils you can use to dilute your essential oils 100 useful recipes Enjoy the benefits of essential oils with recipes for salves sprays roll on perfumes and more Blend the healing power of essential oils into your life with The Beginner's Guide to Essential Oils

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and perfumes Integrating essential oils into a person s routine can significantly improve mental and physical health **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

Unveiling the Magic of Words: A Report on "**Essential Oil Usage Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Essential Oil Usage Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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