

Essential Oil Recipes: One Drop at a Time (Paperback)

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Reviews

Definitely one of the best book We have at any time go through. It is actually filled with wisdom and knowledge I am quickly could get a delight of studying a published book. (Dr. Kim Bergnaum)

ESSENTIAL OIL RECIPES: ONE DROP AT A TIME (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you would like to gain a deeper knowledge of how to use essential oils and create your own remedies, blends, beauty products, household cleaners and gifts, this book belongs in your collection. One of the most delightful surprises as an essential oil user is the constant discovery of how many diversities each oil is capable of. The magnitude of this knowledge and the search for effective recipes that make every drop count can be somewhat overwhelming at times, for both beginning and seasoned oilers. The recipes contained in this REVISED EDITION utilize essential oils available from any reputable essential oil company. This creation is a culmination of Best-of-the Best recipes used successfully in various essential oil communities, and is a valuable tool for expanding your working knowledge of applications. A wide array of topics and over 300 recipes are covered in 104 pages that create creams, serums, salves, roller bottle blends, diffuser blends and more. Featuring an easy-to-use layout, there is room beside each recipe, as well as blank section in the back, to note your own modifications and experiments. This made-with-love book is a wonderful resource designed to free beginners from intimidation and feelings of being overwhelmed, as well as allow advanced essential oil users to broaden their horizons. Topics include: Respiratory Support Concentration Mood Enhancement Stress Management The Bedroom Beauty Skin Care Health Hygiene Men Children Household Outdoors DISCLAIMER: This document is a compilation of recipes used successfully by persons who use high-quality, authentic, plantderived, unadulterated essential oils as determined by many factors including growth, growth location, harvesting process, distillation method used, etc. There are many grades of essential oils available. Not all essential oils are created equally...

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