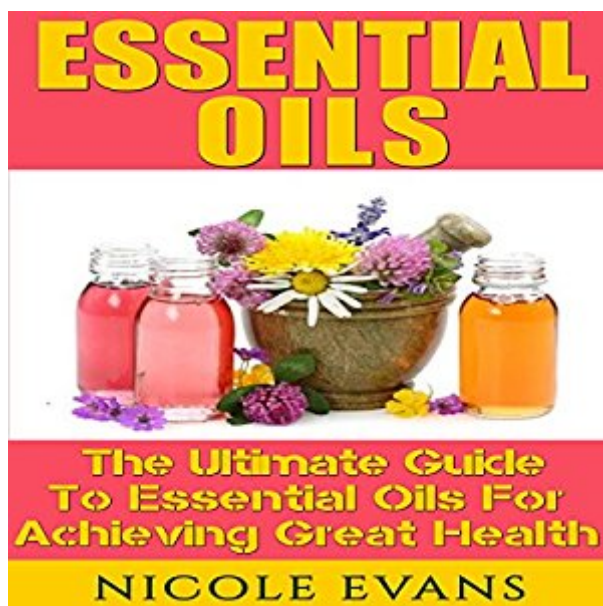


The book was found

Essential Oils For Beginners, Version 2.0



Synopsis

Want to learn how to look and feel great with essential oils? Discover the amazing health and beauty benefits of essential oils! Are you ready to feel the health and beauty benefits of essential oils so you can start feeling your best? Whether you want to heal some pain, look more beautiful, or feel happier, essential oils can help you. Here is a preview of some of the essential oil recipes: Headache oils Sore muscle oils Mood booster oils antistress oils Bath blend oils Calming oil lotion rub Antiaging oils Back pain oils Much, much more! Here is a preview of what you'll learn.... The ins and outs of essential oils Essential oils that can reduce pain and inflammation Essential oils for stress, anxiety, and depression Essential oils for antiaging Essential oils for weight loss Essential oils tips Essential oils benefits Bonus material Much, much, more! Want to know more? Download your copy right now!

Book Information

Audible Audio Edition

Listening Length: 48 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Michael Henry van der Voort

Audible.com Release Date: August 5, 2015

Language: English

ASIN: B013GV0SHE

Best Sellers Rank: #40 in [Books > Audible Audiobooks > Science > Chemistry](#) #1036

in [Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy](#) #1250

in [Books > Science & Math > Chemistry > Organic](#)

Customer Reviews

First of all I got this book for free. I do know about essential oils, and was looking for more in depth information. I felt the author is trying to speak to those who don't know a lot about essential oils. She did start at the beginning, and provided some good information. She shared her favorite oils and recipes. With that being said, I felt she should have provided new users some precautions, such as.. Start using oils on the bottom of your feet only. Cinnamon is a hot oil, and will burn your skin if you don't dilute it. The book suggested diluting as a option, however in many cases it is a necessity. It didn't mention that water intensifies oils, not necessarily a good thing with hot oils. How to dilute an oil you have a reaction to, like putting more carrier oil on top or adding lavender to it. It didn't

mention that eucalyptus is toxic when taken internally, yet suggested it in a recipe. It never mentioned that you never put an essential oil on open sores or in your ears. This book could have been better titled so you know what your getting. Something like recipes for weight loss, stress, and anxiety. The word "ultimate" in the title makes it sound like you are buying the bible on oils.

I'm just getting into these so this was helpful.

love

A quick informative read. Before reading this book I knew very little about what benefits that various oils were best known for. I also had little knowledge of the various ways that the oil may be collected, and the grades. This was very helpful in giving me a basic understanding of some oils, their benefits, and some useful recipes to get me started. Lin Beebe

The book is good. I was hoping for recipes to use in the diffuser. I also would love to have a book that lists symptoms alphabetically with the oils to be used. This alphabetical list should also be included in the index for easy lookup.

Good book. Great Book. Lots of valuable information for a new do it yourselfer. I love to learn new things and this is something that I really want to learn more about. I want to stop using chemicals and getting more into natural ingredients.

This book does exactly what it says ,beginner level ,but gives helpful instruction. Would be a great addition for someone new to the concept.

Good info for a beginner with oils! Good resource to have on hand to refer back to later. Not an ultimate guide though.

[Download to continue reading...](#)

Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health Aromatherapy & Essential Oils: The Complete Aromatherapy & Essential Oils Guide for Beginners (Essential Oils Book, Aromatherapy Book, Essential Oils and Aromatherapy Recipes for Everyone) Essential Oils For Pets: Ultimate Guide for Amazingly Effective Natural Remedies For

Pets (Natural Pet Remedies, Essential Oils Dogs, Essential Oils Cats, Aromatherapy Pets, Essential Oils For Pets,) Essential Oils For Chocolate Truffles, Chocolate Candy, and Chocolate Desserts: The 15 Minute Guide To Making Chocolates With Essential Oils-How To Make ... Oils (Essential Oils for Chocolate Lovers) ESSENTIAL OILS: Essential Oils Guide for Beginners and 89 Powerful Essential Oil Recipes for All Occasions (Updated Version) (2017 Recipe Quick Reference) Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) Essential Oils For Psoriasis: A Complete natural guide of essential oils to eliminate psoriasis: Essential Oils For Skin Essential Oils For Dogs: A Practical Guide to Healing Your Dog Faster, Cheaper and Safer with the Power of Essential Oils (Essential Oils For Dogs in Black&White) Essential Oils For Dogs: A Practical Guide to Healing Your Dog Faster, Cheaper and Safer with the Power of Essential Oils (Essential Oils For Dogs) Essential Oils for Beginners: The Where To & How To Guide For Essential Oil Beginners (Essential Oils in Black&White) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes ::: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy The Beginners Guide to Making Your Own Essential Oils: Complete Guide to Making Your Own Essential Oils from Scratch & To Improve Your Health and Well-Being ... Health, Healing, Weight Loss, Coconut Oil) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Aromatherapy Recipes: Simple Aromatherapy Blends and Essential Oils for Beginners. Massage Oils for Wellness, Beauty and Relaxation Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Essential Oils Natural Remedies: The Complete A-Z Reference of Essential Oils for Health and Healing The Directory of Essential Oils: Includes More Than 80 Essential Oils Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1) Balancing Your Hormones With Essential Oils: How Essential Oils Can Help To Reset Your Hormones

[Contact Us](#)

[DMCA](#)

[Privacy](#)

