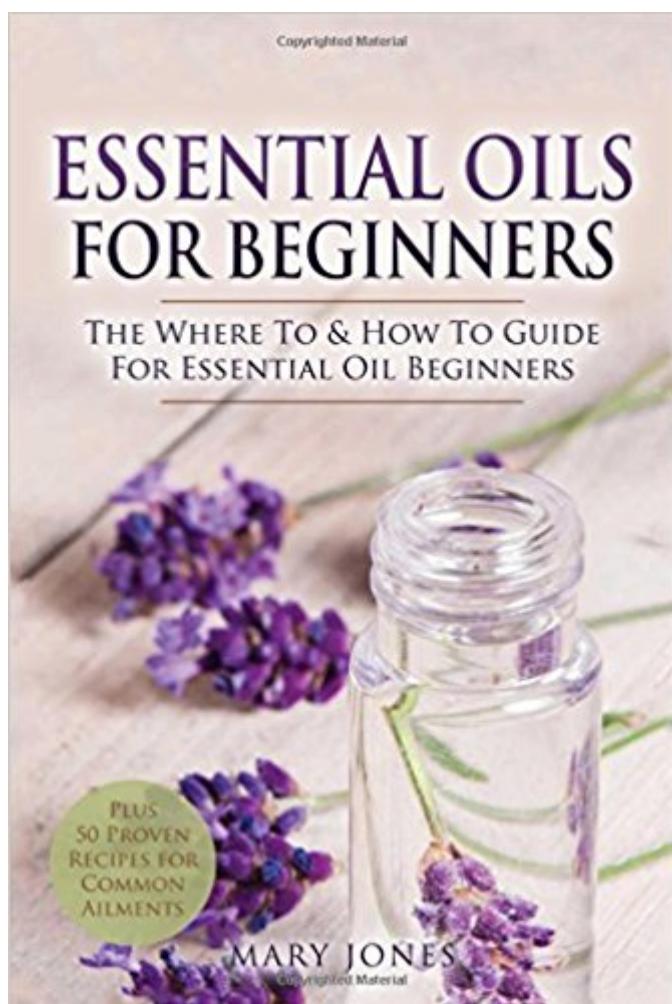


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# Essential Oils For Beginners: The Where To & How To Guide For Essential Oil Beginners (Essential Oils In Black&White)



## Synopsis

Finally! The Essential Oils complete guide has arrivedâ "and you can start to benefit today! Need to lose weight? Head throbbing from stress at work? Sneezing from an allergy that just wonâ ™t go away? These are common modern day maladies that modern medicine just canâ ™t seem to fix while costing a small fortuneâ "yet the solution is quite literally just under our noses in the form of essential oils! Essential oils have been hitting headlines lately and with good reason: these natural oils have been shown to help with health issues of all kinds, offering aromatherapeutic benefits to people of all ages. Now You can learn which essential oils to use, how and when to use them, with this complete guideâ "the first on the market! Youâ ™ll discover everything you need to know about thirty premium essential oils, including where you can purchase them and how you can then mix them to create a wonderful-smelling concoction that helps you finally get rid of what ails you! Youâ ™ll also discover what to avoid, and how much you should be paying, all while discovering over 50 recipes that tackle common health issues and the best method to apply these essential oils for maximum exposure and benefit. Here are just some of the very real benefits readers can derive from this book:

- â ¢ Which essential oils are safe to use for pregnant or breastfeeding women â ¢
- How you can use essential oils for weight loss â ¢ Which essential oils relieve stress â ¢ Which essential oils are toxic and safety instructions for dealing with any essential oils. â ¢ An essential oils complete guide for purchasing and using for issues like hair loss, wrinkles, acne, anxiety, etc.
- â ¢ What are the best brands of essential oils and which is the best smelling essential oil. â ¢ How to store essential oils â ¢ How to instantly boost your energy with the power of essential oils? â ¢
- Which essential oils are best for relieving your seasonal allergies? â ¢ A quick reference guide on essential oil usage for most common ailments and occasions â ¢ The two biggest mistakes in using essential oils

Essential Oils for Beginners is a comprehensive reference book for anyone seeking to learn more about natureâ ™s medicineâ "and a Bonus FAQ covers your most common questions. Included Essential Oil term glossary will lead you through all the terms related to Essential oils and their usage. Discover the healing powers of essential oils with this complete guide! Would You Like To Know More? Download your Essential Oils for Beginners copy NOW. Whether seeking essential oils for weight loss, allergies, stress relief or more, youâ ™ll find recipes and more right here. Scroll to the top of the page and select the buy button. Don't forget to claim a FREE Kindle version with your purchase of Paperback copy!

## Book Information

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## Customer Reviews

"Essential oils help promote emotional, physical, and spiritual healing." ~ Mary Jones

Mary Jones has written quite the comprehensive book on essential oils for anyone who is new to essential oils or even for those who have been reading essential oil books for quite a while. I found out many new uses for oils I already have and discovered some new essential oils I'd never heard of before like Elemi essential oil. This book starts with a brief history of essential oils and has quite a few interesting historical details I'd not read before. Mary Jones also gives ideas on where to get the best essential oils. If you haven't looked around here at you may be surprised at how many oils are available. I buy Aura Cacia and Young Living Oils and find them to be of superior quality. I thought this book was very well formatted and it has a lot of needed cautions for beginners. There is a really good essential oil dilution chart that made me finally understand how much essential oil to add to how much carrier oil. Mary Jones ideas to keep a notebook are great and that is what I've been doing for years. The problem often is that you mix up a batch of essential oils with a carrier oil and then forget what you put in it. By writing down your own experiments you keep track of what you really love. This book gave me the idea to use avocado oil as a massage oil and wow is it great for that purpose. I would not have tried it unless this author had mentioned it. Mary Jones advises you to keep your oils in a dark place and I've found that a nice wooden box does nicely. Some of the oils you will be more interested in after reading this book include: vetiver, sandalwood, bergamot, cypress, myrrh, rosemary, neroli, cedarwood, chamomile, lemon, frankincense, clove, ravensara and elemi. There are really so many oils to love and once you realize what they are used for you can mix up what you need. ~The Rebecca Review

The author of this book did alert me to look at this

book. I however bought it myself and was not reimbursed. Sometimes a book is so good you want it immediately. Once I saw this book I couldn't wait to read it.

I've been using Essential Oils for 10 years now, so I'm not a beginner, but I found this book to be an EXCELLENT RESOURCE! What I loved was learning how to blend the oils and the reasons for why there's a certain method to follow. Favorite chapter: "50 Little Known Essential Oil Recipes." I plan on recommending this eBook to people who have no idea what Essential Oils are all about and have a desire to understand. It is very informative on many levels and answers many questions a beginner would have. I have another Essential Oil book that is huge and can tend to be overwhelming. This book, even though it's smaller, is thorough, concise and easy to understand. Very convenient reference because an eBook can be easily accessed by any device that can download the Kindle App. Highly recommend!

I was happy to see that Mary Jones has written another book on essential oils. I had read her book, "Essential Oils for Dogs," and found it to be informative, well-written and well-organized. Her "Essential Oils for Beginners: The Where To & How To Guide For Essential Oil Beginners" has all those same attributes, but it is written with humans as its focus, and it goes into more detail that pertains just to humans. The format of this beginners' book makes for a very quick read "from the general introductory material about essential oils, their history and how and why they work, to the more detailed chapters on the top 15 essential oils you can use in aromatherapy and the top 30 all-around essential oils, to the very helpful glossary of essential oil terms that comes toward the end of the book. I also found very helpful the book's links to several videos. Sometimes it's good just to listen to someone talk and watch a demonstration so you don't wear your eyes out from reading text. Last weekend, I attended a baby shower for a friend who is about to have her first baby. She is quite nervous, but thanks to the chapter entitled "50 Little Known Essential Oil Recipes," I now know what I am going to give her as a post-baby shower gift. I am going to make up a diffusing blend of lavender, frankincense, ylang ylang, and Roman chamomile to ease her labor pains. From what I read in the chapter on aromatherapy, diffusing that scent in my friend's hospital room may have the added effect of protecting her from those airborne infections so prevalent in hospital settings. I have been having a bit of a problem lately with my memory, so when I saw in one of the introductory chapters that essential oils may be used to help with memory loss, I put in a search for "memory" so I could find out more. What I discovered is that rosemary is the essential

oil to use for memory loss. Not only that, but it also helps to soothe aching, cramping muscles. So, I'm adding rosemary oil to my list. I recommend this book to anyone who wants to learn how to safely and inexpensively use essential oils to, among other things, ease pain, enhance brain performance, protect the heart, and prevent infection.

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