

# THE MUST HAVE *"essential"* TOP 16 OILS

FRANKINCENSE OIL



MINIMIZE  
PUFFINESS  
SOOTHE SKIN

GRAPEFRUIT OIL



UPLIFTING  
DETOXIFYING  
ENERGIZING

CINNAMON OIL



ENERGY  
PROMOTE  
WELLNESS  
WARMTH

SWEET ORANGE OIL



HAPPINESS  
BOOSTER  
ENERGIZING

TANGERINE OIL



BALANCING  
EMOTIONS  
RELEASING  
TENSION

LEMONGRASS OIL



SOOTHE  
TENSION  
CLEANSE  
PURIFY

LEMON OIL



CLEANSING  
UPLIFTING  
FOCUS

TEA TREE OIL



PURIFYING  
CLEANSING  
PROMOTING  
WELLNESS

LIME OIL



HAPPINESS  
BOOSTER  
CLEANSING

PEPPERMINT OIL



FIGHTING  
STRESS  
STIMULATING  
SPA AMBIENCE

BERGAMOT OIL



UPLIFT MOOD  
PROMOTE  
WELLNESS  
REFRESH

ROSEMARY OIL



FOCUS  
THINKING  
EASY  
BREATHING

EUCALYPTUS OIL



SOOTHING  
CALMING  
HUMIDIFIER

PINE NEEDLE OIL



CLEANSE  
PURIFY  
EASY  
BREATHING

PATCHOULI OIL



SOOTHES SKIN  
BALANCES  
MOOD

LAVENDER OIL



SOOTHING  
CALMING  
MOISTURIZING

# Reference Guide To Essential Oils

**Marcella Long**



## Reference Guide To Essential Oils:

*Reference Guide for Essential Oils* Connie Higley, Alan Higley, 2010      *Reference Guide for Essential Oils*, 1996

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and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Basic How to Use Essential Oils Reference Guide is the tenth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils to relieve stress and other stress related issues How to use essential oils to relax the mind ease anxiety and tension How to use essential oils to combat depression and mood swings How to use essential oils to deal with sleep disorders and have a deep and refreshing night rest every single day How to use essential oils to re invigorate the body and be more productive by releasing more energy How to use essential oils to combat colds cough and catarrh especially during the flu season How to use essential oils to shore up the body s immune system so that it is better able to resist and fight against infections How to use essential oils to ameliorate the symptoms of various kinds of allergies How to use essential oils for headaches migraines pain in the back and work related stress How to use essential oils to re invigorate the mind sharpen your focus and for mental clarity Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life P S This is a second edition of the book A Basic How to Use Essential Oils Reference Guide 250 Aromatherapy Oil Diffuser Recipes Healing Solutions for Stress Anxiety Depression Sleep Colds Allergies Headaches Sinus Problems      **Essential Oils List and Benefits** Maggie Wallace,2020-01-24 Starting out with Essential Oils and need a quick reference guide Essential Oils List and Benefits is a quick and easy reference guide covering the most common essential oils The concise information is informative yet easy to scan for quick reference The small size allows the option of carrying it in a handbag or backpack and take it everywhere you go Each Essential Oil entry within this guide gives a brief introduction to each oil and covers it s main uses and benefits The key ingredients are also listed and the unique aromatic description Essential oils are the highly concentrated version of the natural oils in plants Getting essential oils from plants is done with a process called distillation most commonly distillation by steam or water where many parts of the plants are being used including the plant roots leaves stems flowers or bark After distillation the outcome is a highly concentrated portion of essential oil which will have the characteristic fragrance and properties of the plant from which it was extracted and contain the true essence of the plant it came from This includes the smell but also the plant s healing properties and other plant characteristics You can see how this highly potent extract of a plant or herb can be

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healing the properties of each oil and the carrier oils which combine with them to promote health ease the mind clean the home care for pets protect against pets and reduce the chemical imprint on the planet Page 4 of cover

**A Basic How to Use Essential Oils Reference Guide** Nancy Connor, 2020-02-19 This is a 3 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Basic How to Use Essential Oils Reference Guide is the tenth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils to relieve stress and other stress related issues How to use essential oils to relax the mind ease anxiety and tension How to use essential oils to combat depression and mood swings How to use essential oils to deal with sleep disorders and have a deep and refreshing night rest every single day How to use essential oils to re invigorate the body and be more productive by releasing more energy How to use essential oils to combat colds cough and catarrh especially during the flu season How to use essential oils to shore up the body s immune system so that it is better able to resist and fight against infections How to use essential oils to ameliorate the symptoms of various kinds of allergies How to use essential oils for headaches migraines pain in the back and work related stress How to use essential oils to re invigorate the mind sharpen your focus and for mental clarity Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life P S This is a second edition of the book A Basic How to Use Essential Oils Reference Guide 250 Aromatherapy Oil Diffuser Recipes Healing Solutions for Stress Anxiety Depression Sleep Colds Allergies Headaches Sinus Problems P P S Please note that the paperback version has both the black and white edition and the color edition Click on the SEE ALL FORMATS AND EDITIONS button above then click the arrow beside the Paperback button to select the color edition in the drop down

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Every time you chop herbs for your salad or sprinkle cinnamon on your oatmeal you get to experience essential oil compounds In this guide internationally known speaker and wellness expert Hayley Hobson gives you the information you need to harness the benefits of essential oils by understanding how they work how to ensure quality and how to use them safely and effectively for specific purposes Hayley s program promotes a holistic path to wellness by incorporating the use of essential oils with a regimen of exercise healthy eating and mental and emotional practices Learn about Hayley s signature recipes created for specific purposes Helpful remedies Daily changes Safe handling and usage Using oils to create balance as part of a holistic lifestyle Why we get out of balance in the first place A 31 Day plan with daily inspiration

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