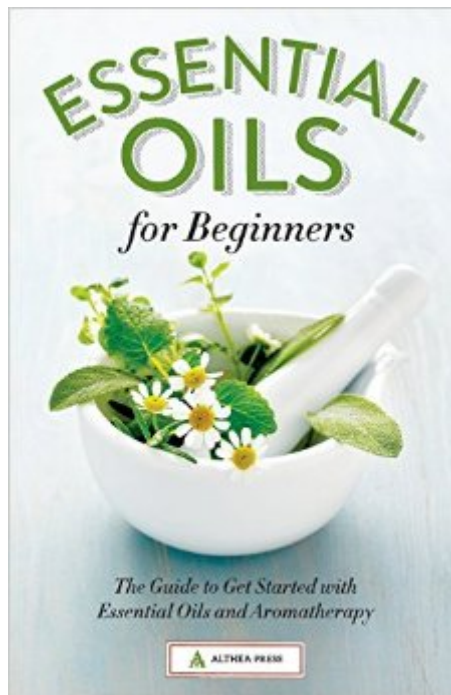


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# Essential Oils For Beginners: The Guide To Get Started With Essential Oils And Aromatherapy



## Synopsis

**NEW YORK TIMES BESTSELLER** Essential oils are a natural and safe way to improve your health, cure ailments, and soothe your body and mind. These versatile oils come from natural sources, and have been used for centuries for medicinal and cosmetic purposes. **Essential Oils for Beginners** is the comprehensive guide to harnessing the power of these ancient remedies. Recent scientific research has proven that essential oils can truly prevent and heal disease, and they are far more affordable and safer than modern medical treatments. **Essential Oils for Beginners** will show you how to create your own recipes to cure all of your ailments and improve your overall well-being. This book will show you how to expertly blend essential oils to create your own aromatherapy mixes to relieve stress, bolster energy, and more. **Essential Oils for Beginners** will teach you to use essential oils for any purpose, with:

- Over 85 easy-to-follow recipes for curing ailments, enhancing beauty, and sprucing up the home
- 10 helpful tips for blending essential oils correctly and safely
- Advice for where to buy the best essential oils, and how to store your collection
- Information on the benefits of essential oils and aromatherapy

Using **Essential Oils for Beginners**, you can start living a healthier and more sustainable lifestyle right away through the power of essential oils.

## Book Information

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## Customer Reviews

I feel kind of silly for purchasing this book. One thing is for sure - I WILL be sending it back! Problem #1 There is no author or even editor(s) listed anywhere. There are none listed in the book. There are

none listed on the publisher's website (which is a whole other issue - I have my doubts about the publishing company as well). If there is a book about herbs, essential oils, or anything regarding my health, I want to know WHO is giving me the information. I want to know what qualifications they have to be making the claims they make.

**Problem #2** There are no references in this book. If there is no author, there should at least be good references. None of the claims in this book have any annotations what-so-ever. There is a reference section in the back, but as far as I know, these are just books the (unknown) author skimmed over at some point and picked up some pointers from.

**Problem #3** The recommendations in this book for oil usage do not align with those taught by certified aromatherapists. For example, most of the oils are recommend for usage without dilution and are recommended to take internally. The only places that I find these practices recommended are in works produced in some form by essential oil MLM companies. While I like some of the oils, I do not feel their practices in regard to oil usage are safe. The reference section does list several books about herbs as references, which concerns me a little bit. Essential oils and uses of whole plants (leaves, stems, etc), are two very different things. You would talk to an herbalist about herbs and an aromatherapist about essential oils.

**Problem #4** The book refers to the importance of only taking "therapeutic grade" essential oils internally.

I am fairly novice when it comes to essential oils but I've been pounding away at my keyboard researching the different properties of essential oils for over a month now. I finally decided that it would be best to break down and just buy a book... I didn't want a book that was know-it-all and was going to tell me what to do with them, how to blend them and everything else, I wanted a book that would allow me to discover their individual properties alone. And I'm happy to report that this book does exactly that! Yes, there are some general guidelines, blend suggestions, recipes, etc., but what I wanted was info on each EO's individual properties. This book has around 65 of the more common EOs with a breakdown of: Description, Origin, Properties, Application, Primary Uses, Blends and Safe Use. For a beginner book this is spot on and just what I had in mind while looking for a book of this nature. There is also plenty of room for me to add notes onto the information shared in this book. I think this will be my go to guide until I'm ready to graduate to something more intense, like Modern Essentials \*5th Ed. I gave Essential Oils for Beginners a 5 star rating- And, overall, I recommend it as a great beginners guide with a completely functional layout and index. But if you're on the fence here are some of my critiques:

**Safety:-Pregnancy:** It definitely covers that a pregnant woman should talk to their primary care giver before using any EOs but it doesn't spell out emmenagogue (menstruation inducing) properties in the Safe Use section of each EO or clearly

state that an EO is safe for pregnancy. (Emmenagogue is however listed in the general Properties, so the info wasn't omitted completely.

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