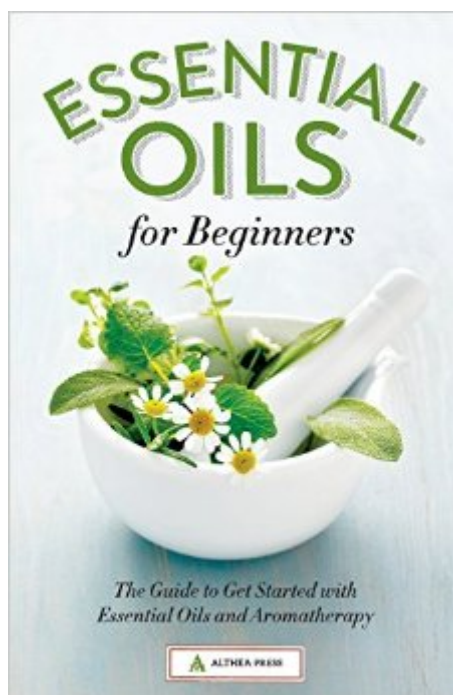


The book was found

# 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

Paperback: 238 pages

Publisher: Althea Press (September 26, 2013)

Language: English

ISBN-10: 1623152399

ISBN-13: 978-1623152390

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (702 customer reviews)

Best Sellers Rank: #2,536 in Books (See Top 100 in Books) [#3 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy](#) [#6 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) [#11 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## 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 recommended 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.

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

Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergie) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) 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 For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Big Collection Of Essential Oils: Amazing DIY Recipes Of Essential Oils Blends, Soap Making And Repellents: (Diffuser Recipes and Blends, Skin So Soft Insect ... (Natural Remedies, Essential oils) Organic Perfume: The Complete Beginners Guide & 50 Best Recipes For Making Heavenly, Non-Toxic Organic DIY Perfumes From Your Home! (Aromatherapy, Essential Oils, Homemade Perfume) Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Homemade Shampoo: Beginner's Guide To Natural DIY Shampoos - Includes 34 Organic Shampoo Recipes! (Natural Hair Care, Essential Oils, DIY Recipes, Promote ... Masks, Aromatherapy, Hair loss treatment) The Heart of Aromatherapy: An Easy-to-Use Guide for Essential

Oils Holistic Aromatherapy for Animals: A Comprehensive Guide to the Use of Essential Oils & Hydrosols with Animals 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) Essential Oils Integrative Medical Guide: Building Immunity, Increasing Longevity, and Enhancing Mental Performance With Therapeutic-Grade Essential Oils

[Dmca](#)