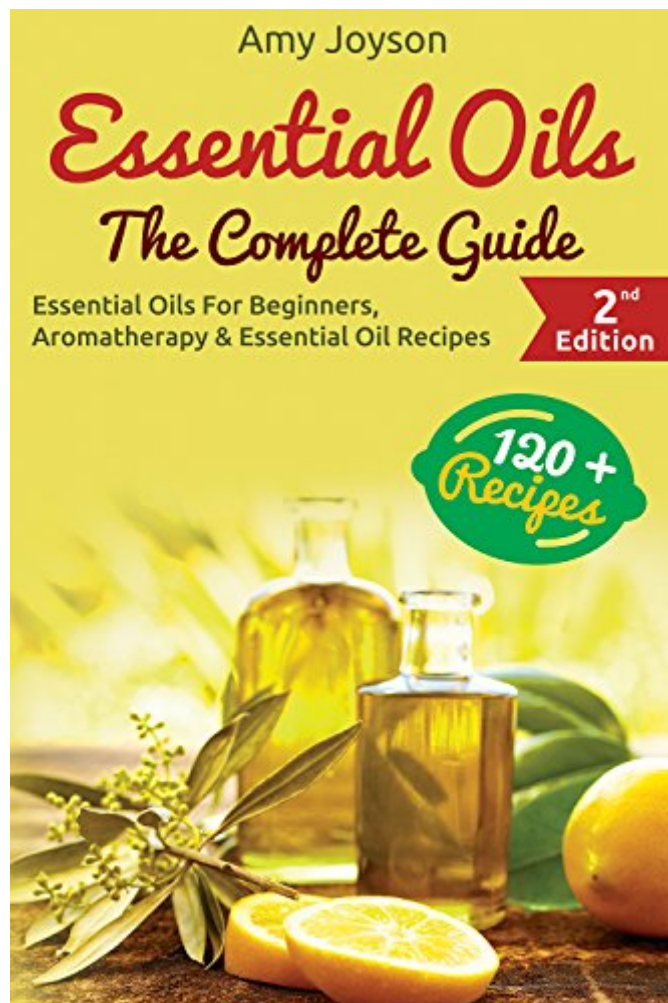


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Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes



Synopsis

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Customer Reviews

Wow--what a wonderful beginning book on essential oils. I love essential oils, in fact I was using a Now essential oils mix called "Mental Focus" while reading this book (as I'd just finished some work that required me to be especially focused). That essential oil compound includes lemon oil, peppermint oil, wintergreen oil, basil oil, rosemary oil, and grapefruit oil. I find it very balancing and centering and it promotes my ability to focus on a single task. Loved learning that Bergamot essential oil is used to increase alertness (I love Earl Grey tea with real Bergamot herb/oil as an ingredient). This is one of those Kindle books that I can tell I will read and re-read (it'll stay in my Kindle book library). Was fascinating to learn more about the medicinal, healing, and purification use history of the use of essential oils, from the Egyptians to the Greeks and Romans. I use essential oils topically, in an atomizer, or in my foods. My favorite essential oils are lavender, peppermint and rose. A fascinating thing that I learned in reading this eBook is that Maude Grieve, who published an herbal medicine book in 1931, said that: "The lemon is the most valuable of all fruit for preserving health." Wow. I do drink warm lemon water some days and have used lemon essential oil in the past... but learning this reminds me that I should get more lemon essential oil for its lovely aroma and powerful cleansing and uplifting properties. I definitely want to support lifting mental fatigue and get rid of mental or emotional heaviness, which lemon essential oil may do (in addition to increasing awareness and concentration).

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