

## Young Living Essential Oil Reference Guide

[#Young Living essential oil reference](#) [#essential oil usage guide](#) [#Young Living product guide](#) [#natural health remedies](#) [#aromatherapy benefits book](#)

Discover comprehensive insights into Young Living essential oils with this essential reference guide. Explore detailed information on various oil uses, dilution recommendations, and practical applications for natural wellness and aromatherapy, empowering users to confidently integrate these powerful botanicals into their daily routine.

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### Reference Guide for Essential Oils

Looking for books on essential oils and aromatherapy? You've come to the right place. Essential Oils Guide Book contains everything a new or seasoned oils enthusiast would want to know. You'll explore the MANY benefits of aromatherapy and essential oils; from home remedies to picking your first starter kit of oils, it's all here! Here's a quick preview of what's inside: What Exactly are Essential Oils? History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work? Are Essential Oils Safe? How to Use Essential Oils How to Treat Certain Ailments and Conditions (Such as Stress, Anxiety, Allergies, Headache, Sleep, and even Weight Loss!) with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More! What are you waiting for? Scroll up and click the 'Buy Now' button to enter the exciting world of aromatherapy and essential oils!

### Essential Oils Guide Book

This is a 6-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 A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care & Massage A Basic How to Use Essential Oils Guide for Hair Care & Perfume 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 Complete Essential Oils Reference Guide" is the ninth 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 Over 500 Essential Oil and Aromatherapy Oil Remedies, Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier, Revitalized and Energized life.

#### A Complete Essential Oils Reference Guide

The complete guide to using the Essential Oils of Young Living. The book is a large hardcover book with spiral binding.

#### Essential Oils the Complete Home Reference

A quick reference guide to using the top essential oils of Young Living. This is a smaller perfect bound book.

#### Essential Oils the At-A-Glance Quick Reference

The condensed essential oils usage guide for Young Living Essential Oils. This is a smaller, paperback, spiral bound book.

#### Reference Guide for Essential Oils

The second edition of this book is virtually a new book. It is the only comprehensive text on the safety of essential oils and the first review of essential oil/drug interactions and provides detailed essential oil constituent data not found in any other text. Much of the existing text has been re-written, and 80% of the text is completely new. There are 400 comprehensive essential oil profiles and almost 4000 references. There are new chapters on the respiratory system, the cardiovascular system, the urinary system, the digestive system and the nervous system. For each essential oil there is a full breakdown of constituents, and a clear categorization of hazards and risks, with recommended maximum doses and concentrations. There are also 206 Constituent Profiles. There is considerable discussion of carcinogens, the human relevance of some of the animal data, the validity of treating an essential oil as if it was a single chemical, and the arbitrary nature of uncertainty factors. There is a critique of current regulations. The only comprehensive text on the safety of essential oils The first review of essential oil/drug interactions Detailed essential oil constituent data not found in any other text Essential oil safety guidelines 400 essential oil profiles Five new chapters 305 new essential oil profiles, including Cedarwood, Clary sage, Lavender, Rose, Sandalwood, Tea tree 79 new constituent profiles Five new chapters: the respiratory system, the cardiovascular system, the urinary system, the digestive system, the nervous system. Significantly expanded text

#### Essential Oils the On-The-Go Field Reference

A 4 month guide to supporting your wellness goals.

#### Quick Reference Guide for Using Essential Oils

Everything You Need to Know About Essential Oils for Pure Healing & Wellness Explore the world of natural, nontoxic essential oils for all aspects of your life. Stimulate your senses and soothe your body and soul with the popular practice that has become a respected, safe alternative to modern medicine. Learn all about essential oils to use for bettering your life and the lives of your family and friends. Included are: - Profiles of the most widely used essential oils - Formulas and blending guides with the most effective techniques for using them - Accurate application methods from time-honored poultices to modern day steam inhalation - Remedies for a wide range of ailments including muscle strain, headaches and skin problems - DIY personal care from beauty treatments, massage and cooking to moms & new babies, pets and spiritual healing - Over 300 stunning images This comprehensive guide is a must-have resource and welcome addition to the libraries of experienced and novice aromatherapists alike.

#### 8th Edition Essential Oils Desk Reference

The 'Essential Oils: Easy Reference Guide' has been compiled by renowned Aromatherapy Teacher Tahlecion Jaay of London UK. The book contains comprehensive information on the 50 most commonly used essential oils including properties, uses and applications. In addition, the 'Essential Oils: Easy Reference Guide' has the most comprehensive 'Terminology' section ideal for all students of essential oils.

### Essential Oil Safety

This is a COLOR EDITION of the paperback version of this book. 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"

### Now What

Black and White Edition

### The Essential Oils Complete Reference Guide

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 extremely useful for many purposes. Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits. "I believe that for every illness or ailment known to man, that God has a plant out here that will heal it. We just need to keep discovering the properties for natural healing." Vannoy Gentles Fite The aim of this guide is to provide

a quick reference to the most common essential oils, giving its readers better access to information on the move.

### Essential Oils: Easy Reference Guide

Do you want to use essential oils, but don't know where to start? This guide provides details on how to get started with essential oils for health, personal hygiene, household cleaning, your pets, aromatherapy, weight management, and more! This handbook includes: - What to use some of the most common essential oils for. - How to use essential oils. - Treating illnesses with essential oils with directions for how to use the oils. - Helpful essential oils recipes. - Information on how to choose which essential oils to use. - Weight loss information. - How to use essential oils on your pet. - Aromatherapy with essential oils. - So much more! The great thing about this essential oils guide is that it is not from one brand or another. There is information about a wide variety of brands and places to get quality essential oils. You will not be subjected to a thinly veiled sales pitch in this guide! No doubt you will find yourself referring to this handy guidebook often as you incorporate essential oils into your daily life. Get ready for a healthier you right now!

### 8th Edition Essential Oils Quick Reference Guide English

The essential beginner's guide to healing with essential oils. The Beginner's Guide to Essential Oils puts the power of natural healing in your hands. This simple guide distills the knowledge you need to unlock the potential of commonly found essential oils. Start making nourishing, all-natural, and affordable remedies to treat a variety of conditions—even make your own skin care and home cleaning products. Explore the many modern applications of essential oils, from herbal medicine to aromatherapy to natural beauty. Discover profiles detailing the aromas and therapeutic actions of 30 favorite essential oils. Breathe easy with guidelines for safe use during pregnancy and instructions on diluting formulas for babies and children. You can begin your journey right away with any of the 100 included recipes for health and home. In The Beginner's Guide to Essential Oils, you'll find: 30 essential oil profiles—Find practical applications, blending and substitution suggestions, and more for 30 common essential oils. 10 complementary oils—Learn the properties and best uses of 10 popular “carrier” oils you can use to dilute your essential oils. 100 useful recipes—Enjoy the benefits of essential oils with recipes for salves, sprays, roll-on perfumes, and more. Blend the healing power of essential oils into your life with The Beginner's Guide to Essential Oils!

### A Basic How to Use Essential Oils Reference Guide

"This Book will provide a comprehensive reference guide listing the ten most useful and readily available essential oils, the methods to use them, their applications in 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 pests and reduce the chemical imprint on the planet."--Page 4 of cover

### 8th Edition Essential Oils Pocket Reference

Description: This essential oil blends handbook features several pages to record your blends, purpose of each oil, safety of each individual oil, ratings, notes, favorites, how they make you feel pages, wish list, track of carrier oils, scents, benefits, and so much more! You will not be disappointed with how useful this handbook will benefit for your love of oils. Since this journal notebook is sized at 6x9, it's extremely portable to carry around in your pocket! Makes a great gift for soap makers, cosmetic crafters, herbalists, artisans, or anyone who uses or sells essential oils. Cover: Soft matte non-reflective paper cover offers a muted look with a smooth velvety texture. Dimensions: 6 x 9 in (15.24 x 22.86 cm) Interior: 120 pages printed. Quality paper and works well with many types of writing tools including ball point pens, gel pens, felt tip pens, and pencils. Binding: High quality perfect (won't lay flat) paperback binding.

### Essential Oils List and Benefits

A Reference Guide of Essential Oils will become your go-to quick reference guide. Essential oils are a natural way to improve your health and they have been used for centuries for medicinal and cosmetic purposes. Included in this book are sections on: Essential Oil Basics \* Essential Oil Precautions \* Methods of Use \* Diluting and Blending \* Essential Oils By Category \* Essential Oils By Notes \* Essential Oils By Properties \* Carrier Oils By Properties \* Essential Oils By Uses \* Carrier Oils By Uses \* Application Areas \* Essential Oils With INCI Names \* Carrier Oils With INCI Names \* Carrier

Oil Usage Chart \* Making Infusions, Tinctures and More \* Over 100 Essential Oil Profiles \* Over 40 Carrier Oil Profiles \* Over 40 Cleaning Recipes \* Over 120 Diffuser Recipes Over 75 Healing Blends

### Essential Oils Guide: Reference for Living Young, Healing, Weight Loss, Recipes

Written by two of the leading voices in aromatherapy, Amy Galper and Jade Shutes, *The Ultimate Guide to Aromatherapy* is a progressive, comprehensive approach to using aromatherapy and essential oils for healing and wellness. Essential oils have been used across all world cultures for thousands of years. While the popularity of aromatherapy has endured, the methods and applications of the craft have evolved. *The Ultimate Guide to Aromatherapy* is the modern practitioner's guide to working with aromatherapy and essential oils. Using techniques developed over decades of teaching, you will learn the science of aromatherapy and how essential oils interact with our sense of smell, brain pathways, and skin. The guide also includes over 50 plant profiles, plus recipes and blends for health and beauty. Included are remedies for digestive health, immunity, women's health concerns, and more, such as Hand & Body Wash for Flu Recovery, Self-Love Botanical Perfume, and Tummy Massage Oil for Indigestion. Drawing on the authors' unique methodology and expertise as aromatherapists, herbalists, and healers, you will learn the art of blending formulations with great skill and discernment. *The Ultimate Guide to...* series offers comprehensive beginner's guides to discovering a range of mind, body, spirit topics, including tarot, divination, crystal grids, numerology, witchcraft, chakras, and more. Filled with beautiful illustrations and designed to give easy access to the information you're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

### The Beginner's Guide to Essential Oils

The power of essential oils has been recognized for thousands of years. Today, the use of aromatherapy is growing rapidly as greater numbers of people experience the benefits and life-enhancing properties of these precious substances. Aromatic essences can have a direct effect on our health, reduce our stress levels, and enable us to have a better overall outlook on life, as well as improve our relationship with our natural environment. These raw materials are also an important ingredient in perfumes, fragrances, cosmetics, and skin and body care products, and are extensively used for flavoring foods and drinks. Carol Schiller and David Schiller, recognized experts in the field of aromatherapy, have created the most comprehensive reference guide on the market to date. *The Aromatherapy Encyclopedia: A Concise Guide to Over 385 Plant Oils* includes information on the proper safety and handling of oils, extraction methods, practical everyday uses, documented properties, and methods of use. Chapters detail ancient historical to present-day uses from around the world for carrier oils, essential oils, CO<sub>2</sub> extracts, absolute oils, and infused oils. This guidebook also provides a convenient category listing of oil properties for quick access, and a useful resource of alphabetically arranged botanical names that cross-reference the common name of each oil. The user-friendly format and writing style of this book can be of great value as an indispensable learning tool for a novice as well as a vital source of information for researchers, formulators, practitioners, nurses, therapists, industry professionals, wholesalers, and retailers. Book jacket.

### The Ten Best Essential Oils

This is one of the bestselling aromatherapy books of all time with vital information on plant origins, medical herbalism and the properties and actions of herbs and essential oils. It covers 165 oils, their actions, characteristics, principal constituents and folk traditions and is a must for experienced aromatherapists and beginners alike.

### Dreams Powered By Essential Oils

You're About To Discover How To Use Essential Oils And Natural Remedies For Pets, For Dogs Since you are reading this, you love your pet and because you know the benefits of essential oils, you want your pet to enjoy the benefits of essential oils just as you do. Essential oils are important to us for many reasons; they are also important to pets. For pets, most of these reasons are no different. Whether you want to improve your dog's digestive function, skin, respiration, immune support for seasonal and environmental health or even for purposes of repelling insects, with the essential oils we are going to talk about today, you can do that safely and naturally. More specifically, we will discuss the right types of essential oils, the proper application process, and something about the essential oils issues that have made it difficult for cautious folks to use these oils on their pets. First, there are different forms of essential oils available today and animals metabolize and react differently to each of them. This

alone has become a major concern. It is thus important that we all understand things such as the species-specific differences before using the essential oils. In addition, many vets often observe a big problem in their clinics: issues related to overusing of essential oils—people discover essential oils and wildly start diffusing them into their homes and end up creating unintentional overdoses for their pets—we shall discuss and clarify this issue. The purpose of this book is to help you avert such issues and help you know how best to use natural essential oils to increase the appetite, reduce fatigue, boost the immune system, remove anxiety, and manage many other problems that hinder your pet's wellbeing. Here Is Just A Small Preview Of What You'll Learn... Understanding Essential Oils How Essential Oils Interact With Bodily Systems Essential Oils and Pets Pets and Essential Oils: The Benefits What You Need To Know Before Starting Application Using Essential Oils with Common Pets Dogs: Selecting Safe/The Best Essential Oils for Dogs How to Apply Essential Oils on Dogs Cats: Selecting Safe/The Best Essential Oils for Cats Basic Guidelines for Using Essential Oils with Cats How to Know If Your Cat Wants/Needs a Particular Essential Oil Selecting Safe/The Best Essential Oils for Cats Basic Essential Oil Application Guidelines For Cats BONUS: Additional Information And much, much more! When you purchase the Essential Oils" today, you'll save \$3 off the regular price and get it for a limited time discount of only \$10.99! This discount is only available for a limited time! No questions asked, money back guarantee! Go to the top of the page and click the orange Add to Cart" button on the right to order now! Tags: essential oils, aromatherapy, essential oils for pets, understanding essential oils, natural remedies, essential oils dogs, essential oils cats, aromatherapy pets, natural pet care, pet care, natural pet remedies

### Essential Oils: a Reference Guide

You are seeking natural ways and homemade 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 the skin, various essential oil blends for your diffuser, and perfume recipes using essential oils... This book may give you: List Of Essential Oils: Complete Essential Oils Reference Book For Beginners Essential Oils Brands: How To Use Essential Oils Guide To Natural Home Remedies Essential Oils For Diffuser: A Basic How To Use Essential Oils Guide For Skin Care

### The Ultimate Guide to Aromatherapy

A New York Times bestseller—the best way to start. What are essential oils? Which ones should you keep in your personal apothecary? And most importantly, how can you use them to heal and enhance well-being? Essential Oils for Beginners is the definitive handbook for learning all of this and more as you discover the power of essential oils. Learn how to expertly blend essential oils and create your own aromatherapy mixes to soothe your body, mind, and home. With 85 remedies that address everything from uplifting your mood to treating an upset stomach to cosmetic uses for your hair and skin, you'll have all of the guidance you need to devote yourself to natural healing and health. Essential Oils for Beginners includes: Essential Oils 101—Learn what essential oils are and how to build your collection and store it. Cures for Mind and Body—Harness the power of essential oils for common ailments like headaches, morning sickness, muscle pain, stress, and more. Cosmetic and Home Uses—Explore the many uses of essential oils—as an air freshener, in candles and cleaning supplies, as a bug repellent, and much more. If you're interested in natural remedies, open this book and learn everything you need to use the power of essential oils for healing.

### The Aromatherapy Encyclopedia

This best seller is a guide and a fast reference on several essential oils recipes for different occurrences and circumstances! This book was carefully and intentionally written to help make living a lot easier and great. Each page is a compelling read that is loaded with different essential oils recipes for you, your home and your loved ones. Very easy to read, concise and with a writing approach that makes it easy for anyone with no prior essential oil experience to read and understand the beauty of essential oils and its application. This book will help get you started on an unforgettable essential oil journey. In this book, you will discover the following and much more: 1. The most Important facts about several essential oils that we have. 2. The application of these essential oils for beauty, your home, your health and to yourself. 3. Short information about the effectiveness of essential oils. 4. The art of mixing essential

oils and in the right proportions to achieve qualitative results from each use. 5. Safety measures when handling essential oils. 6. How to test essential oils. 7. A step-by-step approach to blending essential oils and getting right results 8. A professional approach to the handling, blending, application and general use of essential oils. 9. Many essential oil recipes for your health, beauty and your home. And many more... So what are you waiting for? Get started now and experience the limitless perks that essential oils have to offer!

Encyclopedia of Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. (Text Only)

"This solidly scientific book is anchored in scripture and easy to understand, It will give you an appreciation of both the scientific and spiritual bases of healing by prayer and anointing with oils."--Publisher description.

## Essential Oils

This is a COLOR EDITION of the paperback version of this book. This is a 6-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 A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care & Massage A Basic How to Use Essential Oils Guide for Hair Care & Perfume 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 Complete Essential Oils Reference Guide" is the ninth 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 Over 500 Essential Oil and Aromatherapy Oil Remedies, Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier, Revitalized and Energized life.

## Essential Oils

ESSENTIAL OILS REFERENCE GUIDE LIBRARY 6 BOOK HEALING BUNDLE Quick and helpful reference guides to healing with essential oils. 1 - ESSENTIAL OILS QUICK REFERENCE GUIDE For Over 100 Common Ailments - Use this comprehensive quick reference guide to explore a wide variety of essential oils to use for over 100 ailments for your body, mind, spirit and emotions. CHEMISTRY (Books 2, 3, 4) Chemistry is the science of aromatherapy. These three Essential Oil Chemistry Reference Guides gives a brief and general overview of 12 chemical families and includes a list of essential oils by their chemical properties, actions and effects, as well as aromatic qualities. 2 - ESSENTIAL OIL CHEMISTRY Formulating Essential Oil Blends that Heal - Alcohol - Sesquiterpene - Ester - Ether 3 - ESSENTIAL OIL CHEMISTRY Formulating Essential Oil Blends that Heal - Aldehyde - Ketone - Lactone 4 - ESSENTIAL OIL CHEMISTRY - Formulating Essential Oil Blends that Heal - Monoterpene - Oxide - Phenol 5 - AROMATHERAPY HEALING POWER OF SCENT Blending Secrets Guide Plus+ 18 Classifications of Aroma 6 - CHEMISTRY ESSENTIAL OILS Quick Reference Guide Summary of Chemical Families Properties, Actions & Effects "I can think of no one better to teach aromatherapy than KG Stiles. Her 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is unsurpassed!" - Eldon Taylor, Ph.D., FAPA, New York Times Best-selling Author, 'Choices and Illusions.' "I highly recommend this to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique." ~John L. Turner, MD "It has been a pleasure working with KG Stiles. She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils. Thank you, KG!" ~Linda McGwire, RN, BSN, HNC-BA About the LoveNotes brand: LoveNotes are short reads and summary books created with the intention to inspire and support you to create the truly satisfying life you desire. Each LoveNote focuses on a specialized topic of

interest and is created to help you save valuable time and get to the heart of what's most important to you quickly! Hope you love your LoveNotes as much as I enjoy creating them for you! Aromatically yours, -KG Stiles, AuthorMetaphysician & CoachCertified Clinical Aromatherapist Founder PurePlant Essentials Aromatherapy

### List Of Essential Oils

Discover the power of essential oils to enhance holistic health and wellbeing. Aroma has a potent, positive influence on the brain, promoting physical and mental healing. Neal's Yard Remedies: Essential Oils is a unique, stunningly illustrated guide to the properties and uses of 86 essential oils from basil to ylang-ylang. Try 30 home remedies and essential oil recipes, learn how to apply them safely, and create essential oil combinations to treat common ailments. Plus, make feel-good, fragrant products for the body and home using techniques such as blending, aromatherapy massage, and steam inhalation, alongside natural beauty treatments. Written by the experts, Neal's Yard Remedies: Essential Oils will bring the rejuvenating benefits of aromatherapy into your life.

### Essential Oils for Beginners

An instructional reference guide to essential oils and aromatherapy from the experts at Neal's Yard Remedies, a trusted source for natural, nontoxic health and beauty products. Learn how to harness the healing powers of essential oils for treating maladies and improving mental and physical well-being so you feel great in every way. Use homeopathic alternatives to treat everyday health and wellness concerns, including: • Acne • PMS • Insomnia • Indigestion • Soothing inflammation • Rebalancing energy • Enhancing focus • Releasing stress Whether you live an all-natural lifestyle or you are just beginning to use alternative methods to eliminate synthetic chemicals from your everyday products, Essential Oils is packed with authoritative information to answer your questions. This visual guide features comprehensive profiles of 88 essential oils, stunning full-color photographs, and helpful guidance for using, blending, and storing. Understand what essential oils are, where they come from, and how they benefit the body. Choose from 33 focused recipes to rejuvenate your total person. Learn classic remedies for the most common emotional and physical conditions. An illustrated A-to-Z reference section helps identify the most useful oils, plus shares tips on application methods and massage techniques. Up-to-date safety recommendations help you learn how to use them for maximum benefit. Essential Oils can help you improve your overall well-being and start you on the path to a more natural you.

### Essential Oil Recipes

An A - Z of essential oils packed full of essential oils for ailments, tips and useful information. Suitable for home use or for therapists who are qualified or in training. The book covers 36 oils and covers the criteria required to complete VTCT level 3 Aromatherapy qualification. The book covers therapeutic properties of the oils for the emotions and physical ailments of the body, listed by body system. It is full of tips, useful charts, glossary, the classification of notes for each oil, blending ratio chart, chemical constituents, various ways to use the oils, what to look for when purchasing essential oils, safety guidelines and more. This book is not a book of recipes or suggested blends but it does contain some tips and suggestions on how to select oils for your own blends or to use the oils singly. The book does, however, contain some suggested blends that have been used by the author for some ailments. Each of the oils are listed alphabetically and contain useful information about their aroma, their note, plant name & family, extraction method, its main chemical constituent, properties, physical benefits (listed by body system type) & emotional benefits; & for all level 3 aromatherapy students, it lists the objective of the oil to help you select oils for your case studies (i.e., relaxation, balancing, uplift/stimulate & stress relief.)

### Essential Oils 101

Learn how to expertly blend essential oils and create your own aromatherapy mixes to soothe your body, mind, and home. With 85 remedies that address everything from uplifting your mood to treating an upset stomach to cosmetic uses for your hair and skin, you'll have all of the guidance you need to devote yourself to natural healing and health. Here is a preview of what you'll learn in this book: - What is an essential oil? - What are essential oils good for? - Essential oil and treatment of common sicknesses - Essential oil recipes....and many more. More specifically, we will discuss the right types of essential oils, the proper application process, and something about the essential oils issues that



have made it difficult for cautious folks to use these oils on their pets. First, there are different forms of essential oils available today and animals metabolize and react differently to each of them. This alone has become a major concern. It is thus important that we all understand things such as the species-specific differences before using the essential oils.

### The Chemistry of Essential Oils Made Simple

This book is a 3-way cross reference covering over 110 EOs. In this extremely handy and QUICK reference book you will find three groupings or categories for cross reference. You can find the oils for specific problems, you can look up what oils treat what problems, or you can search properties to find the oil that best suits your needs. This book should also assist you in finding just the right combinations of oils to blend to get the desired therapeutic effect. Under the oils grouping there is a "blends well with" category. Once you use this book a few times you won't be able to live without it!

### A Complete Essential Oils Reference Guide

Essential Oils Reference Guide Library