

Essential Oil Recipe Circulation

100 Plus Essential Oil And Organic Recipes Box Set Sandy Comfort 2015-03-24 Finally! The Best-Selling 100- Plus Essential Oil Books Are Selling As 1! Discover the best of essential oil usage. Gain simple, high-quality, practical information that will do your health and your body a lot of good. Here's a peek at what is inside this box set: Book 1: 100 Plus Homemade Essential Oil Beauty Recipes: Learn how to make a whole range of products such as perfumes, soaps, bath recipes, deodorants, body scrubs, lotion, creams with natural products of which essential oil plays a major part. In this book, there are over 100 simple-to-make but highly effective recipes covering covers a wide range of beauty treatments. It is extremely fun and absolutely creative. You will not only smell great but look and feel divine. In This Book You Will Find: Essential Oils Tips & Safety Precautions Best Essential Oils to Use for Specific moments Over 100 Recipes for making all kinds of beauty care products from the comfort of your home. Book 2: 100 Plus Simple Homemade Organic Body Scrub Recipes Find Over 100 organic body scrub recipes that are made with the finest natural ingredients to keep your skin feeling great all through the day. This book provides different kinds of scrubs and tells you what suits each skin. Everything about this book is easy. Easy to read, easy to understand, easy to apply... but the results are phenomenal! They will work for you by: • Detoxifying your entire system thereby keeping you healthy. • Stimulating blood and lymph circulation, thereby fighting cellulite and toning the skin. Book 3: 100 Plus Essential Oil Healing Recipes Learn how to take charge of your health with over 130 recipes for everyday ailments. You will know how to make various essential oil blends and be guided on the variety of ways they can be correctly used. You will also be advised about purchases, how to detect originality and a list of other helpful resources. The recipes in this book are so straightforward that you will enjoy making them when needed. In this book you will have essential oil recipes for: - Digestive Issues - Respiratory Issues - Emotional Health - Oral Health - Aches And Pains In And Around The Body, - Skin Blemishes/ Cosmetic Problems - Skin Ailments - Foot Care, Hair Care - Insects And Animal Bites - Cuts, Broken Bones And Bruises, - Burns - Women Issues Want to Find Out More? Download Your Copy Today! Simply Scroll to the top of the page and click the "BUY" button.

Essential Oils to Boost the Brain and Heal the Body Jodi Cohen 2021-03-16 "A powerful new cutting-edge and evidence-based approach to help you safely improve digestion, energy, and focus and reverse chronic inflammation, chronic stress, and mood disorders."—Terry Wahls, MD, author of The Wahls Protocol "A book you will learn from and refer back to for years to come."—Alan Christianson, New York Times bestselling author of The Thyroid Reset Diet Just as your cell phone or laptop slows down and drains the battery when too many tabs are left open, your brain fatigues when poorly functioning systems or ailments drain its energy. Complaints of brain fog, fatigue, and ADD/ADHD are on the rise and growing every year. All of these factors can block the brain's ability to detoxify and heal. If toxins are not eliminated, they recirculate in the brain, leading to inflammation, which further compromises your brain. What's more, formal diagnoses of brain-related health challenges like Alzheimer's, Parkinson's, and ALS are increasing exponentially. Here's the good news: Plant-based essential oils are a powerful self-care tool for transforming your life and healing on many levels, even when prescription drugs have failed. In Jodi Cohen's five-step protocol, the body's natural systems are jump-started with essential oil recipe blends that can: • Alleviate stress, anxiety, and depression • Improve sleep • Calm pain and inflammation • Increase energy, sharpen focus, and improve memory • Improve digestion and promote weight loss • Strengthen your immune system Armed with Cohen's five steps, you'll be able to start your own essential oils regimen immediately and be on your way to a healthier body and brain!

EO for Family Health Coral Miller 2015-04-28 You can't help it! Stomachaches, cuts, bruises, headaches, digestive problems, respiratory issues or any of the several ailments can weigh you down from time to time. You resort to synthetic drugs but little do you know that you may be doing your body and- pocket more harm than good. The reason is that synthetic substances in expensive drugs while covering up the

symptoms can also damage your internal vital organs. Essential oils will not do that. Instead, they heal at a cellular level, passing through the skin and straight into the circulatory system and cells. Essential oils contain plant's healing, restorative and protective essence. They are nature's superior way of healing and restoring our bodies to maximum health. They are inexpensive, contain no side effects, and extremely effective. The book 'Essential Oil For Family Health' will teach you how you can treat common ailment at home and keep your family healthy all year long. It also contains vital information on how to choose the right quality of oils and the correct application of these oils to your body. You Will Also Learn: * Why essential oils are so powerful * Top essential oils to use for healing Various remedies for: * Coughs And Colds * Skin Injuries * Headaches * Stomach Issues * Pains * Oral Health * Skin Care Remedies * Fever * Eye Care * Ear, Nose And Throat * Body Aches And Pains * Emotional Health * And Much, much more! Everything is written in simple and easy-to-understand steps so you won't make any mistakes and therefore benefit from using Essential Oils correctly. So Why Wait? Simply Scroll To The Top And Press The Download Button For Your Copy Today!

Essential Oil Premium Starter Kit Recipes Brandy Jones Arnold 2016-03-01 "I just received my Young Living Premium Starter Kit. I'm scared and don't know where to start!" Please believe, every one of us started at that point. Love at First Drop empowers and gives courage to the beginning essential oil user, helps to conquer common fears, and gives one a better insight into the excitement of the essential oil world. We received numerous requests from fans for a Recipe Book featuring strictly the oils found in the Premium Starter Kit, so we made it our mission to make this happen. The recipes in this book include and use strictly the oils found in the Premium Starter Kit, along with the accompanying Flex Oils that are sometimes substituted in the Premium Starter Kit. The book begins with a Frequently Asked Questions section, and its 52 pages feature over 175 recipes. It is a well laid out, easy-to-read compilation of some of the "best-of-the-best" recipes our Young Living community has used with many successes. There are a wide array of topics featured in this book, as well as bonus sections that include a Dilution Chart, 3 Simple Uses for each PSK Oil & Flex Oil, and a Comedogenic Ratings Chart. The entire goal of this book is to ensure you triumph with your oils, and experience a seamless and simple transition into this wonderful world of ours - We Welcome You! Some topics include: Wellness Immunity Respiratory Support Concentration Increase/redirect Focus Improve Concentration Mood Enhancement Stress Management Happy/mood lifter Energize Bedroom Aphrodisiac Sweet dreams Relaxation Beauty Face wash Toner Moisturizer Lip balm Microdermabrasion Troubled skin Hygiene Deodorant Hand Sanitizer Soaps Kids Scented Finger Paint Therapeutic Play dough Owie oil Cleaning Household cleaner Carpet Freshener Room Freshener Dusting Spray Cooking Popsicles Infused Apples Dips Cookies DISCLAIMER: This document is a compilation of recipes used successfully by persons who use Young Living essential oils, a company which is "proud to set the standard for essential oil purity and authenticity by carefully monitoring the production of [their] oils through [their] unique Seed to Seal process." The willingness of individual users to share these recipes is very much appreciated.

However, contributors to this book and myself included are not medical practitioners and cannot diagnose, treat or prescribe treatment for any health condition or disease. Before using any alternative medicines, natural supplements, or vitamins, you should always discuss the products you are using or intend to use with your medical practitioner, especially if you are pregnant, trying to get pregnant or nursing. All information contained within this book is for reference purposes only, and is not intended to substitute advice given by a pharmacist, physician or other licensed health-care professional. As such, we are not responsible for any loss, claim or damage arising from use of this compilation or recipes herein."

My Essential Oil Recipe Book Kaitlyn Walters Essential Oils 2019-08-17 Lemon, Lavender, or Peppermint? This beautiful journal is perfect to keep all your favorite essential oil recipes organized. With over 100 pages, 6 x 9, there is enough space to writing all your recipes down. This journal is perfect as a gift for everyone who loves essential oils. And who doesn't?

The Complete Book of Essential Oils and Aromatherapy Valerie Ann Worwood 1991 This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life.

Essential Oil Recipe Book Ava Kinsley 2019-09-19 Organizing your oils and recipes just got easier! This book features an easy to use layout, room to write your favorite recipes, inventory lists, and much more! Features: Essential Oils Inventory Lists My Favorite Oils- blank lines for writing energy, sleep, wellness, calming recipes Essential Oil Wish List Testing Out Blends- blank lines to write in your test recipes Essential Oil Ratings Favorite Seasonal Blends for- winter, spring, summer & fall Personality Blends Diffuser Oil Blends Blank Recipe Pages And More Details: 120 Pages 6" x 9" Matte Cover Order this wonderful Essential Oils organizer for yourself or make this the perfect gift for family and friends. Great book for Essential Oil Representatives and their customers.

The Big Book Of Essential Oil Recipes For Healing & Health Mel Hawley 2016-06-28 When it comes to alternative medical treatment, essential oils are indispensable for every home. They are natural, inexpensive and 100 effective for optimum healing and health. Synthetic substances contained in expensive drugs merely cover up symptoms but damage vital organs in the name of side effects. Essential oils are not like that. Proven to be 50 times stronger than herbs, essential oils heal at a cellular level, passing through the skin and straight into the circulatory system and cells to bring lasting healing and restoration without side effects. There are over 200 recipes in this big book to help you cure everyday ailments. From simple Coughs and Colds, headaches, fevers to pains, digestive problems and emotional issues, you will never have to spend lots of money on medications anymore. What's more, there are also plenty of information on essential oils to help you benefit immensely from their diverse usage. As a matter of fact, everything you need to know about essential oil for healing and health can be found in this big book. It's worth every penny!

Essential Oils Storm Wayne 2015-07-03 There are many paths that one can follow to live a good life. One of these paths follows comfort, and this is possible when you get what you desire. The desires that many have for living a good life include retaining excellent health, staying in a clean environment, eating well, having good relationships with friends and colleagues and actually attaining all these with ease. This book offers a solution to meeting some of these desires, by offering to guide you on how best you can maintain your health and relieve stress while using Essential Oils for aromatherapy. Learn how you can nourish your body by using essential oils to reduce pain, improve digestion, strengthen your immune system by killing viruses, bacteria and fungal infections, balance your hormone production, improve blood and lymphatic circulation, and enhance your mood and general feelings of well-being. Aromatherapy explores creativity and applies the technicality of using essential oils directly. Creative expression comes from knowing the characteristics of oils and envisioning new combinations of scents. The essential oil aromas stimulate the part of the brain that affects emotions. The shape of an essential oil molecule is like a key that opens the lock-like structure in the olfactory nerve receptors in our nostrils. Therefore, the impression of the aroma, is sent directly and immediately to the limbic system, where memories are stored, and pleasure and emotions are perceived. By correctly using essential oils, you can attain a pleasant, emotional balance, which in turn will have a therapeutic effect on physical problems. It is also important to learn how you can enhance your mental and physical well-being with essential oils which are quickly absorbed through the skin, travelling around individual cells and into hair follicles, where the oils enter the sebaceous glands and mingle with the skin's natural emollients. These chemical properties of the oils can be cleansing, deodorizing, toning, or balancing. In addition to these benefits, you will realize that a diffused aroma that creates a mysterious presence in a room, and then wafts away like a wish or prayer, can be of great importance to you. The oils also have positive effects on every level of being. Their unique properties enhance the mind, body and spirit.

Essential Oils for Depression Rica V. Gadi 2019-01-02 Enjoy the Wonderful Effects of Essential Oils There's a very good reason why more and more people are seeing the benefits of using Essential oils for Depression. Over the years the health benefits of essential oils have been more and more apparent. Not only is depression bad for your mental health, but it can eventually affect your physical health as well. Depression is also cause stress and stress is a well-known killer for people who keep emotions inside.

Depression can cause social anxiety and health issues. It can be the cause of a loss of appetite, mood swings, and you can lose your job over severe depression. These are reasons why depression should be contained and dealt with quickly before it becomes out of hand. Essential Oil Recipes for Diffusers, Roller Bottles, Inhalers & more to help with Depression Explore the many healthy remedies for the Mind, Body and Soul. Inside you will find recipes for Depression. Essential Oils can help relieve these deep feelings of Depression by stimulating the receptors of smell through the nose, these receptors have the ability to send messages through the system to your nervous system. The brain controls the entire body and if the aroma can somehow send calming effects through the olfactory senses to the body, then it can also bring feelings of peace and calming. Essential oils have been known to be effective in helping treat depression, as a gamut of evidences have been presented over the years to support that. It has been known to help uplift your spirits and elevate your mood safely and naturally. It can also aid in relieving feelings of stress and anxiety, which usually come with depression. Essential oils have the capacity to bring forth feelings of Joy, Increased Energy, Calming and Relaxation. It also has some physical abilities like improving your blood circulation and promote hormonal balance. Unlock the power of Essential Oils and enjoy the wonderful effects of essential oils for Depression. Priced normally at \$12.99, For a limited time you can get this Paperback for only \$7.99

My Essential Oil Recipes Nw Sports & Hobbies 2019-08-17 Lemon, Lavender, or Peppermint? This beautiful journal is perfect to keep all your favorite essential oil recipes organized. With over 100 pages, 6 x 9, there is enough space to writing all your recipes down. This journal is perfect as a gift for everyone who loves essential oils. And who doesn't?

Essential Oils Susan Curtis 2016-10-11 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 OILS RECIPES ERIC. ZIELINSKI 2024

Complete Essential Oil Diffuser Recipes Pam Farley 2020-06-09 Craft Your Own Essential Oil Blends! Do you pine for a clean, fresh-smelling home without the dangerous chemicals found in traditional "air-freshening" products? Do you want to feel the blissful escape as aromatic scents permeate the air in your workspace? Complete Essential Oil Diffuser Recipes will teach you how to combine, use, and diffuse essential oils so that you can scent your home or workspace and create a peaceful and immersing ambiance. Within this book, you'll find descriptions of different oil diffusers that will help you decide which product will help you embark on your journey to serenity. Following these descriptions are more than 150 recipes to create scents that assist you in cultivating mental clarity, relaxation, and sleep, as well provide you with immune support, stress relief, mood enhancement, romantic atmosphere, and much more! Fifty beautiful color photographs accompany the recipes, providing readers with stunning visuals to aid the book's instruction. These recipes include: Wake Me Up Mama's Little Helper Freshly Focused Nature's Bliss Margarita Sunrise Forest Staycation Respiratory Relief Love Potion Man Cave Hibernate No More Sniffles Mountain Rain Stress Less Pillow Talk So Many More! These recipes can be used with any brand of essential oil. Start experiencing all of the amazing benefits that aromatherapy has to offer today! Ameublement, objets d'art, tapis, bronzes, opalines 1988

My Essential Oils Recipe Book: Blank Journal for Recording Your Favorite Oil Blends Print Frontier 2018-09-14 My Essential Oils Recipe Book is the perfect place to record all of your favorite essential oil recipes. Every page has plenty of space to fill in the recipe name, ingredients, directions, and suggested uses. This blank lined recipe book is 6" x 9" with soft matte-finished cover and 108 pages. Perfect for men or women who love creating essential oil and aromatherapy recipes.

Geranium Essential Oil Ann Sullivan 2017-06-14 "I have several of your essential oils books already, and I was just wondering if you planned on putting something together for Geranium essential oil; it is one of my favorite essential oils for its aroma, but I would like to know what I can do with it aside from diffusing it throughout the house." Geranium essential oil does have a very invigorating, inviting, and welcoming aroma, which makes it one of my go-to oils when I am in the mood for diffusing a special scent throughout the house. Geranium essential oil is great at relieving stress and depression. It also helps reduce blood pressure, improves circulation, reduces inflammation and improves overall dental health. It can also be used by women experiencing menopause to alleviate symptoms associated with that condition. To Your Wellness & Happiness, Ann Sullivan

Therapeutic Blending with Essential Oil Rebecca Park Totilo 2013-09-01 Now you can safely create natural therapeutic blends that will impact your mood and health and best of all, promote well-being. Therapeutic Blending With Essential Oil unlocks the healing power of essential oils and guides you through the intricate matrix of aromatherapy, with a compilation of over 150 common ailments. Each section of this beautifully illustrated book covers a different area of aromatherapy including the history of essential oils as medicine, methods of extraction and distillation, safety and storage tips, blending techniques, aromatic botany, and a comprehensive guide to understanding the chemistry of essential oils and their classification by chemical groups. It also instructs you how to judge an essential oil's quality. Quick reference blending charts offers the reader comprehensive knowledge for convenient application tips and benefits for the entire family. Practical uses for the elderly, women during pregnancy, and children are included in this holistic resource. Discover how to properly formulate a blend for any physical or emotional symptom with four blending techniques including blending by notes, botany, chemistry, or effect. The extensive therapeutic properties matrix helps you determine the right combination of oils to use. With easy to follow customizable recipes, you can make your own personalized massage oils, hand and body lotions, bath gels, compresses, salve ointments, smelling salts, nasal inhalers and more. This exhaustive guide takes all the guesswork out of blending essential oils from how many drops to include in a blend, to working with and measuring thick oils, to how often to apply it for acute or chronic conditions. It also shows you how to create a single blend for multiple conditions. Even if you run out of oil for a favorite recipe, this book shows you how to substitute it with another oil. Other Features included: Exhaustive Directory of 122 Essential Oils Convenient Directory of 40 Carrier Oils and Dilution Guides Over 20 Methods of Use with Simple Everyday Usage Chart Systematic Approach for Common Ailments for the Muscular and Skeletal System, the Immune System, the Circulatory System, the Reproductive System, the Respiratory System, the Nervous System and for Skin, Hair and Mouth Care Glossary of Essential Oil Terms

My Essential Oils Recipe Journal Nw Sports & Hobbies 2019-08-17 Lemon, Lavender, or Peppermint? This beautiful journal is perfect to keep all your favorite essential oil recipes organized. With over 100 pages, 6 x 9, there is enough space to writing all your recipes down. This journal is perfect as a gift for everyone who loves essential oils. And who doesn't?

The Case of Cassia Essential Oils Ann Sullivan 2017-03-16 "Ann, I suffer periodically from bouts with rheumatism and arthritis. Sometimes the pain and inflammation are too much to bear. Is there an essential oil I can use to relieve some of these symptoms?" Rheumatism and arthritis are problematic issues for many of our senior citizens. Normal OTC (Over The Counter) medications for rheumatism and arthritis can be costly, especially for those who suffer frequent episodes of joint pain and inflammation. One of the essential oils I often recommend to those looking for alternative herbal assistance, is Cassia. Cassia is defined as a "hot," or "warm" oil. It is a member of the cinnamon family and has a long history of being used to improve blood circulation, fight depression, and relieve joint pain and inflammation. I often recommend using Cassia essential oil in a blend of other oils, or with a carrier, as it can be quite warm if applied neat. Readers will be enlightened on the many uses and properties associated with Cassia essential oil. I have included a few

of my favorite blend recipes that utilize the benefits of Cassia essential oil for the ailments that adversely affect them the most. I think they will be just as excited about using the oil, and pleased with the results, as I am when I use them. To Your Happiness & Wellness, Ann Sullivan

Essential Oils Audra Avizienis 2019-07-16 Discover the healing power of 115 essential oils in this modern aromatherapy guide with practical tips for wellness, beauty, and a healthy home. Essential Oils takes you on an aromatic journey that explores the exquisite fragrances and healing powers of essential oils. Discover the many benefits of the ancient practice of aromatherapy, which harnesses the therapeutic properties from the essential oils of medicinal plants. Here, you'll find the perfect oil for all your aromatherapy needs, whether you're looking for a relaxing spa fragrance, a healing salve for aching muscles, or a spiritual scent for meditation. Essential Oils also shows you how to create your own essential oil blends and offers dozens of simple recipes for beauty treatments, home use, and everyday health.

DIY Essential Oil Guide Book Erma Bomberger 2017-10-16 Do you want to learn more about essential oils and how they can enhance your life, but don't know where to start? Look no further than "DIY Essential Oil Guide Book: Essential Oil Recipes and Blends for a Healthy and Happy Life". If you're looking for a more natural way to improve your overall health and well-being, then essential oils may be your new best friends. These amazing oils, which are derived from plants, contain all the beneficial properties that the plant they come from has. For example, lemon essential oil comes from lemons and contains the refreshing and rejuvenating properties that the bright yellow citrus fruit is known for. Inside "DIY Essential Oil Guide Book: Essential Oil Recipes and Blends for a Healthy and Happy Life", you will find 25 essential oil recipes that can be used for the whole family. These recipes include both diffuser and topical blends to help improve your everyday life. You'll also learn how to make your own first aid kit using essential oils! Each recipe include in this book has been tested on numerus occasions to ensure its accuracy and includes the total time it will take to make, as well as how much it makes. Furthermore, each recipe is written in an easy to follow step-by-step manner so any one, no matter their previous essential oil experience can successfully recreate the blends. Learn what essential oils are best for certain health conditions, as well as how to fill your home with a pleasant aroma without the use of chemical-filled air fresheners. So, what are you waiting for? Start reading "DIY Essential Oil Guide Book: Essential Oil Recipes and Blends for a Healthy and Happy Life" today!

People Who Don't Use Oils Make No Frankincense Essentially Oiled Press 2019-08-02 This book is a guided exploration of essential oils. Record your recipes, blends, inventory, wish list, ratings and more in this handy, portable notebook. Note your secret aromatherapy recipes and results. Take notes, document your health and track or log your essential oils journey. A great gift for anyone in the essential oils business. Also makes a great customer gift for new prospects or team members. For anyone who always says, "There's An Oil For That!" This is a great Christmas gift, birthday present, stocking stuffer or thank you gift for anyone in the essential oils business, or who enjoys aromatherapy as a hobby. 100 pages Matte cover Sections for: Favorite Oils Favorite Blends Blank Essential Oils Recipe Template pages Testing Out Blends Notes Oil Ratings Inventory Oil Wish List And a bonus starter recipe section at the end

The Essential Oils Complete Reference Guide KG Stiles 2017-01-31 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.

Essential Oils Philip Ozz 2015-06-10 This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon Get it Now! This book is your quick reference on the various essential oils recipes that you can use for all occasions!!! In this book, we offer chapter after chapter of essential oils recipes that can

make your life a little better. These recipes range from those that you yourself can use as well as those that can benefit your beloved pets and home. If you are someone with minimal or no essential oils experience, this book will be good for you. This can help you get started really quick. If you're someone who has a little more experience with essential oils before, this book is also for you. This book offers tons of essential oils recipes resources laid out in a quick, concise, and easy to read format. In this book, you will learn the following awesome information: The basic information about the different essential oils that you can use! Brief information regarding the effectivity of the essential oils! The 100% best way to ensure that you are mixing the right essential oils together to achieve maximum effect! A stepbystep tutorial on how you can mix the essential oils to achieve the right blend or right essential oil product! The definitive guide that contains tons of awesome essential oils recipes! Our professional tips about these essential oil recipes! We'd love to share these to you! Several recipes for essential oil blends and products which are good for you, your kids, your pets, and even your home! and much much more.... So, what are you waiting for? Get started today and experience the various benefits that essential oils can do to you!!! This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon Get it Now! Tags: essential oils, essential oils recipes, recipes essential oils, essential oil blends, aromatherapy

My Essential Oil Recipes Akamai Health Journals 2019-08-06 This pretty floral My Essential Oil Recipes Journal will help keep you organized as you record your favorite oil recipes. This organizer includes worksheets, checklists, and much more. Some of the custom-designed pages for you to fill out include: Essential Oil Inventory Sheets My Favorite Oils Log Sheets My Favorite Blends and Uses Sheets Diffuser Recipes with Different Blends to Try Happiness Blends Wellness Blends Lavender Blends Well Rested Blends Write your own essential oil recipe blends Essential Oil Wish Lists and MORE! This Journal Notebook is the perfect place to compile all your favorite oil recipes and makes the perfect gift for essential oil lovers. 6 x 9 inches 100 Custom Pages Soft Cover

My Oils Aubrey Danielle 2019-11-03 This journal is the perfect place to write down and create your own essential oil recipes. Plenty of space to take down ingredients and instructions. Stay organized with this notebook for recordkeeping of your essential oils, custom blends, and notes. It makes a perfect gift for the essential oil lover and creator in your life.

Essential Oil Recipe Journal Nw Sports & Hobbies 2019-08-20 Lemon, Lavender, or Peppermint? This beautiful journal is perfect to keep all your favorite essential oil recipes organized. With over 100 pages, 6 x 9, there is enough space to writing all your recipes down. This journal is perfect as a gift for everyone who loves essential oils. And who doesn't?

Custom Massage Therapy Oils Alynda Carroll 2014-10-29 You can easily create your own homemade massage oils. Mix a few oils together and reap the benefits. You'll save money, be able to blend oils for your specific ailments, and will want to share them with friends and family. Many people have found relief from back pain, aches and pain, and even RA and arthritis. Others credit essential oil blends for providing relaxation, increased energy, stress relief, better moods, and boosted immune systems. Massage therapy has been around for centuries as a way to heal the body and relieve tension. It involves the sensation of touch, techniques of applying pressure and often the use of lotions. When aromatherapy is added, the benefits and pleasures of a massage can be vastly increased. Therapeutic benefits often associated with essential oils: Improves circulation - Soothes aches and pains - Relieves cramping muscles and muscle spasms - Detoxifies - Drains the lymphatic system - Aids in joint flexibility - Reduces anxiety and nervous tension - Encourages deep sleep - Regulates cardio and respiratory rhythms - Lowers blood pressure - Boosts immune system Non-Therapeutic benefits often associated with essential oils. Aids in meditation - Uplifts the spirit - Promotes cheerfulness - Helps restore spiritual energy and balance - Stimulates the mood - Improves energy What's in the book? The book will introduce you to essential oils; provide you with the therapeutic and non-therapeutic benefits; examine the five basic carrier oils; consider safety issues; provide simple and easy directions on how to get started; give you a simple 5-step process for making massage oil blends; give you the dilutions percentages; suggestions for sensitive skin; and give you easy recipes for sleep inducing blends, sore muscle relief blends, aches, pains, and rheumatism relief blends, as well as invigorating and immune-boosting blends. Why you want this book Essential oils go back to biblical times. Today at organic markets and specialty shops around the globe, you can find rows of massage oil blends,

premixed and prepackaged. Although they list ingredients and benefits, it is often still hard to tell exactly what you are buying. Also, pre-mixed massage oils can be expensive. To be 100% sure you are getting the amount of essential oil you would like, in the type of base oil you want, at a price you can afford, you really need to mix your own oils at home. This book will explain the basics of making your own custom massage oils, as well as offer you simple and easy recipes to get started. You'll find blends for helping you sleep, reduce stress, and get relief for sore muscles, other aches, pains, and rheumatism. There are also recipes for helping you feel more invigorated and to boost your immune system. With just a few oils and a dark glass container, you'll be making your own blends of massage oils in minutes. Some of the essential oils used include: Chamomile - Lavender - Basil - Eucalyptus - Peppermint - Rosemary - Orange - Thyme - Tea Tree - Hyssop - Frankincense - Sage - Anise - Juniper - Sunflower and more. Scroll up and buy this book -- be sure and get your free bonus report: "Learn the Art of Self-Massage," too.

My Essential Oils Recipe Notebook Print Print Frontier 2018-12-11 My Essential Oils Recipe Notebook is the perfect place to record all of your favorite essential oil recipes. Every page has plenty of space to fill in the recipe name, ingredients, directions, and suggested uses. This blank lined recipe book is 8" x 10" with soft matte-finished cover and 120 pages. Perfect for men or women who love creating essential oil and aromatherapy recipes.

My Essential Oil Recipe Book The Lavender Patch 2015-04-28 Cooking with essential oils has become increasingly popular as more people become aware of the medicinal and flavor enhancing benefits. Edible, therapeutic grade essential oils infuse any dish with additional nutrition and immune boosting power. However, it can be hard to keep track of all those recipes, especially when you compile recipes on notecards from friends and family, in addition to having some culinary creations of your own and recipes from various magazines. This beautifully designed recipe book was made to help you stay organized keep all of your essential oil recipes in one place. ****Holds up to 96 Recipes*** This particular blank recipe book features a scrapbook style design inside. There is a place at the top of the page for the title of the recipe and then there is a large space for a photo. Paste photos from magazines, your own photos or other images for inspiration. You'll also find a section to write the directions and ingredients in each recipe. ***When developing your recipes, make sure you only use (CPTG Certified PURE Therapeutic Grade essential oils). This is extremely important because some cheap oils found in some stores are not edible. Always buy your oils from a trusted source, and never consume cheap oils. "Modern Essentials" by aroma tools is a great guidebook to help you navigate the world of essential oils. There are also plenty of good cookbooks out there about how to properly cook with essential oils.***

Neal's Yard Remedies Essential Oils Susan Curtis 2016-10-03 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 Healing Donald Brady 2021-04-07 To get your hormones back into balance, you need to know which essential oils can help fortify which glands in this system. It is by creating synergistic mixtures for the glands that we can start bringing the hormones back into balance by triggering them to produce the right amount of hormones needed. Here's a preview of what you will learn - What exactly are essential oils? - History of essential oils - Health benefits of aromatherapy oils and essential oils - Household uses - How do essential oils work? - How beginners can safely use essential oils - A buying guide to help you learn how to choose the best oils - How to treat certain ailments and conditions (such as stress, anxiety, allergies, headaches, sleep, and even weight loss!) With essential oils - And so much more! Within the longevity chapter you'll find recipes to help reduce stress and anxiety as well as boost your memory. These recipes can be used in several different ways, but here you'll only find recipes that are topical or used in a diffuser. There are no edible recipes because you should consult a physician before taking anything. There are many benefits of topical and diffuser recipes, so edible recipes should not concern you too much.

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Basil Essential Oil Ann Sullivan 2017-05-11 "I recently purchased a few essential oils from a near and dear friend of mine. I have no idea how to use them, or what they can be used for. I bought them to help her get her business started, but I didn't pay attention to the presentation very well and I'm too embarrassed to call her and admit that...can you help me learn what Basil can be used for?" Basil essential oil has many therapeutic qualities. It is considered a diuretic, and is known to have antioxidant, antibacterial, and antiviral properties. It has a long history of being used as a decongestant and may have anti-inflammatory benefits as well. Basil is most commonly used as a digestive aid, where it assists with easing the discomfort associated with nausea and vomiting. It has also been historically used to help combat the common cold and flu, where it eases coughing and provides respiratory relief. As an added bonus, Basil can also improve blood circulation. This guide lists additional uses for Basil essential oil, as well as recipes for blends that call for Basil essential oil as an ingredient. Readers will also discover the safety measures and precautions to take when using Basil essential oil. To Your Health & Happiness, Ann Sullivan

Essential Oil Recipes Carla Whites 2017-03-04 This best seller is a guide and a fast reference on several

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