



# HOW TO USE ESSENTIAL OILS SAFELY CHEATSHEET

### ESSENTIAL OILS THAT ARE NOT SAFE FOR CHILDREN

NOT SAFE UNDER 6			NOT SAFE UNDER 2		
Aniseed	Camell	Camphor	Salmon	Lawson Olive	Sumatran
Amie Star	Cubanga	Cardamom	Black Seed	Lawson Black	Sulfon
Berth	Ho Leaf	Sage	Caradi	Lawson Leaf	Savory
Cajuput	Lavender	Juniper Berry	Clare	Lawson Verbena	Tea
Cardamom	Majoram	Sassa	Garlic	Lawson Grass	Tea Tree
Chamde Tree	Spanish	Sass	Cherry	May Chang	Ylang-ylang
Cinnamon	Myrtle	Wintergreen	Cherry	Cherry	
Eucalyptus	Mucous		Hyalop	Oregano	

### WAYS TO USE ESSENTIAL OILS

**AROMATICALLY**  
Place essential oils in an essential oil diffuser according to manufacturer's directions

**TOPICALLY**  
Add to beauty products, such as lip balm, lotion, & sunscreen  
Rub on skin via a carrier oil

**INTERNALLY**  
Consumption ONLY as directed by a certified health practitioner

**STEAM OR VAPOR INHALATION**  
Add essential oils to hot water or a humidifier and inhale steam or vapor

**DIRECT INHALATION**  
Use a personal inhaler according to manufacturer's directions or sniff oils directly from their bottles

### SOURCES

Essential Oil Safety: Robert Tisserand  
Fundamental Principles of Herbs: Acupuncture  
Approved Institute  
Aromatherapy: Valerie Ann Worwood  
The Book of Herbs: The Complete Illustrated  
Herb Guide: The American Herbal Products  
Association

**PREPARED BY KRESHA FABER**  
www.kreshafaber.com

**Disclaimer:** I am not a certified aromatherapist or health professional. I am not a doctor or medical professional. This product is not intended to diagnose, cure, or prevent any disease. For more information on a product, please refer to the manufacturer's website. I am not a doctor. For your own research, please see your medical doctor and ask for your own tests.

### COMMON ESSENTIAL OILS THAT ARE SAFE FOR CHILDREN

Herbs & hydrosols are preferable for children under 2

Bergamot	Chamomile	Cherry	Cherry
Campfor	Cherry	Cherry	Cherry
Cardamom	Cherry	Cherry	Cherry
Citronella	Cherry	Cherry	Cherry
Clary Sage	Cherry	Cherry	Cherry
Coriander	Cherry	Cherry	Cherry
Cypress	Cherry	Cherry	Cherry
Eucalyptus	Cherry	Cherry	Cherry
Frankincense	Cherry	Cherry	Cherry
Geranium	Cherry	Cherry	Cherry

### ESSENTIAL OILS THAT ARE NOT SAFE FOR PETS

Never use essential oils that are not safe for your pet's species. Always use essential oils with caution. Some oils are toxic to your pet.

Anise	Garlic	Peppermint	Tea Tree Oil
Berth	Goosefoot	Peppermint	Tea Tree Oil
Bitter Almond	Honeylocust	Peppermint	Tea Tree Oil
Boldo	Hyacinth	Peppermint	Tea Tree Oil
Camphor	Juniper	Peppermint	Tea Tree Oil
Cassia	Mustard	Peppermint	Tea Tree Oil
Clare	Onion	Peppermint	Tea Tree Oil

### ESSENTIAL OILS TO AVOID COMPLETELY

Bitter Almond	Mustard
Boldo	New Shone
Cade	Sassafras
Cardamom	Sassa
Campfor	Spearmint
Clare	Tea Tree (Euc3)
Humawash	Wintergreen

### PHOTOTOXIC ESSENTIAL OILS

DO NOT EXPOSE YOUR SKIN TO THE SUN AFTER USING THESE OILS

Bergamot	Verbena
Caradi	Lime (if cold pressed)
Citrus	Orange
Clare	Cherry
Clary Sage	Cherry
Coriander	Cherry
Cypress	Cherry
Eucalyptus	Cherry
Frankincense	Cherry
Geranium	Cherry
Juniper Berry	Cherry
Lawson Black	Cherry
Lawson Leaf	Cherry
Lawson Verbena	Cherry
Lawson Grass	Cherry
May Chang	Cherry
Peppermint	Cherry
Tea Tree	Cherry
Ylang-ylang	Cherry

### ESSENTIAL OILS THAT ARE SAFE DURING PREGNANCY & LABOR

Bergamot	Chamomile	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Cardamom	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Citrus	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Eucalyptus	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Frankincense	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Geranium	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Juniper Berry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Lawson	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Peppermint	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Sage	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Sassa	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Spearmint	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Tea Tree	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Ylang-ylang	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint

### ESSENTIAL OILS THAT ARE SAFE DURING BREASTFEEDING

Bergamot	Chamomile	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Cardamom	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Citrus	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Eucalyptus	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Frankincense	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Geranium	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Juniper Berry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Lawson	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Peppermint	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Sage	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Sassa	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Spearmint	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Tea Tree	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Ylang-ylang	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint

### ESSENTIAL OILS TO AVOID DURING PREGNANCY, LABOR, AND WHILE BREASTFEEDING

Aniseed	Camphor	Cardamom	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Amie Star	Cardamom	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Angelica	Cherry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Berth	Cherry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Berth	Cherry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Black Pepper	Cherry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Black Seed	Cherry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Campfor	Cherry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Cardamom	Cherry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Cassia	Cherry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint
Clare	Cherry	Cherry	Clary Sage	Frankincense	Geranium	Juniper	Lawson	Peppermint

\*can cause contractions, good for inducing labor under supervision  
\*okay during pregnancy, avoid while breastfeeding

### USE EXTRA CAUTION WITH ESSENTIAL OILS WHILE PREGNANT AND BREASTFEEDING

**During pregnancy:**

- Never use essential oils neat (undiluted).
- Never ingest essential oils.
- Do not use direct inhalation.
- During the first trimester, do not use oils topically. Diffuse only.
- During the second and third trimesters, use essential oils topically at full the recommended dilution strength.
- When diffusing, use for shortened periods of time, due to heightened airway sensitivity during pregnancy.
- During labor, do NOT add essential oils to a bathing pool.

**While breastfeeding:**

- Peppermint essential oil should be avoided while nursing.
- Dilute all essential oils to full strength.

### STANDARD DILUTION CHART FOR ESSENTIAL OILS

FOR HEALING AND WELL-BEING AND OTHER TOPICAL APPLICATIONS

Dilution	0.25%	1%	2%	3%	5%	10%	25%
1 drop of essential oil per 1 tsp (5 mL) of carrier oil	---	3	2	3	5	10	25
1 drop of essential oil per 2 tsp (10 mL) of carrier oil	---	2	4	6	10	20	50
1 drop of essential oil per 3 tsp (15 mL) of carrier oil	---	3	6	9	15	30	75
1 drop of essential oil per 4 tsp (20 mL) of carrier oil	1	4	8	12	20	40	100
1 drop of essential oil per 5 tsp (25 mL) of carrier oil	---	5	10	15	25	50	125
1 drop of essential oil per 6 tsp (30 mL) of carrier oil	---	6	12	18	30	60	150
1 drop of essential oil per 1/2 cup (125 mL) of carrier oil	5	24	48	72	120	250	625
1 drop of essential oil per 1 cup (250 mL) of carrier oil	10	48	96	150	250	500	1250
		1 fluid ounce (30 mL) - 5 teaspoons (25 mL) - 1 fluid ounce (30 mL)			20 drops = 1 milliliter (mL) 40 drops = 1 teaspoon (tsp)		

### BEST PRACTICES FOR ESSENTIAL OILS

Essential oils are very concentrated substances and should be diluted for safety. Never use essential oils neat (undiluted) on children and pets. Some essential oils are toxic to your pet.

**0.25% dilution:** Children 6 months - 6 years. Use very sparingly under age two. Dilution may be increased to 1% for short periods.

**1% dilution:** Children over age 6. Pregnant women. Elderly adults. Those with sensitive skin, compromised immune systems, or other medical health issues. For massaging over a large area of the body.

**2% dilution:** Ideal for most adults and in most situations, including daily skin care.

**3% dilution:** Used short-term for a temporary health issue, such as a muscle injury or respiratory congestion. Up to 10% dilution is acceptable, depending on the health concerns, the age of the person, and the oils being used.

**25% dilution:** Short-term use only, such as for muscle cramping, bad bruising, or severe pain.

**Using oils neat (undiluted):** Use caution when using EO's undiluted, as some individuals can experience irritation or sensitivity. Essential oils may be used neat for short periods, such as for bug bites, sunburn, blisters, or warts.

# Essential Oil Usage Guide

**SB Merriam**



## **Essential Oil Usage Guide:**

*Essential Oils Guide* J.D. Rockefeller,2014-09-10 The uses for essential oils are considerable They can be used for medicine for the home for cleaning for pets and much more Some can be consumed orally while others are topical only Some are also poisonous and should never be used in any circumstances This essential oils guide will help you to maximize all of the benefits and ensure that you know when and where to use each of the different essential oils that you buy *A Basic How to Use Essential Oils Reference Guide* Nancy Connor,2020-02-29 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 **Essential Oils Comprehensive Therapeutic Topical Use Cheat Sheet Guide** Christopher Lively,2025-07-14 Essential Oils Comprehensive Therapeutic Topical Use Cheat Sheet Guide Discover Solutions for Skin Problems Skin Health and Beauty Optimizations Discover Broad Spectrum

Comprehensive Powers of Essential Oils with Strategic Use Targeting Recipes and Protocols for Skin Health Beauty and Holistic Wellness If you're ready to elevate your skin care boost your overall well-being and embrace natural solutions this book is your new best friend This isn't just another guide it's a comprehensive powerhouse resource of essential oils secrets and formulas for vibrant skin stronger nails and even whole-body benefits through inhalation and topical applications Whether you're dealing with stubborn skin concerns like acne eczema or dryness or other or simply want to enhance your natural glow this book offers practical nature-inspired solutions to help you thrive Inside you'll discover a treasure trove of therapeutic uses for essential oils from soothing inflammation and hydrating skin to tackling issues like discoloration cuts and even sinus congestion Imagine having targeted remedies for everything from pimples to nail fungus concerns plus blends that support oral health for your teeth and gums Essential oils are also amazing for boosting energy and clearing your airways for easier breathing I've packed this guide with step-by-step instructions and powerful combinations to make these natural remedies a seamless part of your daily routine What makes this book unique It's all about actionable safe and effective applications Essential oils can be applied topically through massages baths or sprays inhaled for aromatherapy benefits or even used in other creative ways to support your wellness journey I've included insider tips to ensure you're using these potent plant extracts with confidence and care Think of this as your personal toolkit to unlock nature's most powerful gifts right at your fingertips I truly believe humanity is only beginning to scratch the surface of what essential oils can do for our health and beauty This guide dives deep into their potential offering solutions for a wide range of skin conditions and beyond backed by both clinical and anecdotal evidence Whether you're a beginner or a seasoned natural health enthusiast you'll find countless ways to incorporate these oils into your life for lasting results Ready to boost your approach to wellness with the magic of essential oils Grab your copy of *Essential Oils Comprehensive Therapeutic Topical Use Cheat Sheet Guide Discover Solutions for Skin Problems Skin Health and Beauty Optimizations* today and start experiencing the difference I recommend starting small flip through the pages pick a few simple remedies to try and build your confidence as you go Mastering the art of using essential oils safely and effectively is like adding a superpower to your health-getting abilities Here's to radiant skin vibrant health and the incredible gifts of nature To your wellness Christopher Lively *Essential Oils - The Ultimate Resource (Large Print)* Amy Zulpa, 2014-09-22 Essential oils have been a staple of mankind's health and well-being down through the ages and never more so than now In her book *Essential Oils The Ultimate Resource* Amy Zulpa sets out to explain in clear and simple language which oils carry which benefits how to choose between genuine and fake oils and how to buy store and blend the most beneficial of the essential oils *Essential Oils The Ultimate Resource* is a book that provides the reader with immediate solutions to everyday problems It could be for the relief of aches and pains or to help rejuvenate the skin or sustain hair health Yes there is an essential oil out there that can help with that Essential oils are not new and they have been in use for thousands of years by those who believe in using natural remedies as opposed to the

chemically based ones that can come with so many side effects The book is great for home use and serves as an introductory text to essential oils

**A Basic How to Use Essential Oils Reference Guide** Nancy Connor,2020-02-19 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 P P S Please note that the paperback version has both the black and white edition and the color edition Click on the SEE ALL FORMATS AND EDITIONS button above then click the arrow beside the Paperback button to select the color edition in the drop down

**Essential Oils: a Reference Guide** Marcella Long,2016-07-19 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 Essnetial Oils By Notes Essentail 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

**The Encyclopedia of Essential Oils** Julia Lawless, 2013-06-01 At last a clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes John Steele American Aromatherapy Association The definitive AZ reference guide to essential aromatherapy oils Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils From commonly used oils such as lavender frankincense ylang ylang and tea tree oils to the more obscure oils including deertounge oakmoss cananga and angelica The Encyclopedia of Essential Oils offers a wide variety of uses and cures for everything from wrinkles to kidney stones The Encyclopedia of Essential Oils gives detailed information on the most commonly available and widely used flower oils and aromatics including The exact origins synonyms and related plants Methods of extraction the herbal folk tradition for each plant the uses of each plant aromatherapy applications home and commercial uses This easy to use volume lets you access essential information in a variety of ways with a Therapeutic Index a Botanical Index and Botanical Classifications plus safety information

**Encyclopedia of Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. (Text Only)** Julia Lawless, 2012-11-22 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

**Smart Mom's Guide to Essential Oils** Mariza Syder, 2017-02-14 How to be a smart mom by using effective recipes for overall well being green cleaning personal care and hormone support Dr Jolene Brighten ND author of Beyond the Pill As a mother you are always looking for ways to make your family safer happier and healthier This book shows how essential oils can help you achieve all those things And you ll save money An easy to use handbook for creating natural solutions green cleaners and toxin free personal care items the Smart Mom s Guide to Essential Oils provides pure and potent recipes including PEPPERMINT and GRAPEFRUIT energizing air diffusion FENNEL and EUCALYPTUS respiratory relief rub CITRUS infused cleaning spray and scrub LAVENDER and MELALEUCA skin soothing salve CHAMOMILE and VETIVER stress reliever SPEARMINT powered digestive aid Your family s wellness starts with you That s why this helpful handbook also features a powerful regimen to reduce stress increase energy and sustain your own personal vitality The perfect solution for every mom looking to implement a nontoxic lifestyle Dr Izabella Wentz 1 New York Times bestselling author of Hashimoto s Protocol This book was created for any mom ready to empower herself with effective natural solutions J J Virgin New York Times bestselling author of The Virgin Diet There is great scientific data supporting the benefits of essential oils for improved cognition relaxation and even supporting a healthy immune system Dr Snyder does a wonderful job in her book guiding

moms through all of the essential oil basics for themselves and their families Maya Shetreat Klein MD author of The Dirt Cure

**Reference Guide for Essential Oils** Connie Higley, 1998 [A Basic How to Use Essential Oils Reference Guide](#) Nancy Connor, 2020-02-29 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 seventh 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

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**The Complete Illustrated Guide to Aromatherapy** Julia Lawless,1997 Introduces aromatherapy and its contemporary uses profiles 65 oils and discusses stress management perfumery buying oils storage and more

**Essential Oil Beginner's Guide** Elvira Frenkel,2021-02-14

Essential oils hold great wellness benefits This is an easy to use guide to get the most out of your essential oils In this book you ll discover Over 50 unique essential oil recipes to treat common health issues Which essential oils to use for ailments such as obesity stress wrinkles and anxiety How to boost your energy instantly using the power of essential oils A full essential oil glossary and FAQ section covering essential usage questions The best essential oils for seasonal allergy relief and much much more Buy this book and start making perfect scents today

**Essential Oils** Lalo Logan,2015-03-12 [A Beginner's Reference Guide To Aromatherapy and Herbs](#) Susan Stewart,Vicki Ambrosio,2011 *The Heart of Aromatherapy* Andrea Butje,2017 Butje introduces readers to essential oils unique properties Each profile contains thorough practical information Latin name aroma aromatic note uses and safety tips as well as providing a sense of the oil s core spirit physical and emotional supportive capabilities Included are tips for buying the safest most natural forms of the essential oils and recipes to help you create personalized essential oil blends for happier healthier bodies minds and homes adapted from publisher info

**Essential Oil** Elsa Johnson,2020-11-04 The essential guide for beginners to the use of essential oils In our book we have a chapter that guides us to steam distillation and production of essential oils at home and in the company Steam current distillation is a technique that allows the extraction of essential oils and aromatic waters from aromatic herbs and medicinal plants in other words with steam current distillation we obtain aromatic waters from which the essential oil is extracted We will find in addition a list of essential oils with properties dedicated sheets where to buy them production and all the information on the uses of essential oils use and dilutions of carrier oil The Beginner s Guide to Essential Oils puts the power of natural healing in your hands This simple guide distills the knowledge needed to unlock the potential of commonly available essential oils Start making nutritious all natural affordable remedies to treat a variety of conditions for your skin care and home cleaning products There are countless uses for essential oils Uses range from the preparation of creams perfumes do it yourself remedies personal care personal hygiene hair skin care to medical preparations Recently the use of essential oils has arrived in the culinary field there are several chefs who make flavour dishes with a few drops of essential oils Not all essential oils are edible so they cannot be used in the kitchen or for international use 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 essential oils from the most common to the most sought after Breathe easily with eucalyptus essential oils perfume the room and your wardrobes with lavender essential oil or the most particular patchouli With guidelines for safe use during pregnancy and instructions on dilution formulas for babies and children Mix the healing power of essential oils in your life with the Essential Oils Beginner s Guide The Essential Guide for Beginners deals with the

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