

ESSENTIAL OILS

DESK REFERENCE



Compiled by Elizabeth Farnham, M.D.
Second Edition

Essential Oils Desk Reference

Life Science Publishers



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easy to read book Discussions on safety and monitoring of animals during the use of essential oils are also covered

Essential Oils For Beginners Vonda Burgdorfer, 2021-03-02 What are essential oils how are they used And most importantly how can we use essential oils for human healing Can we improve and enhance our health with aromatherapy The answer is yes Learn how to create essential oils like an expert create your own aromatherapy so that you can refresh your body relax all in this book This book is suitable for those who are just starting to explore the world of naturopathic therapy With 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 This book includes Essential Oils 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 like 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 **Quick Reference Guide for Using Essential Oils** ,2005

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