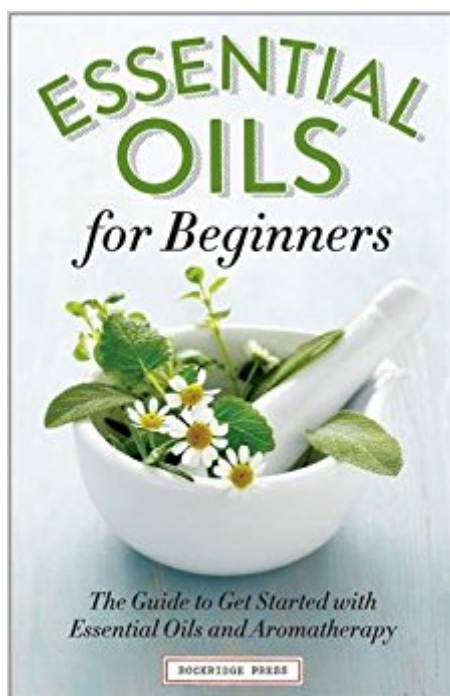


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# Essential Oils For Beginners: The Guide To Get Started With Essential Oils And Aromatherapy



## Synopsis

"Essential Oils for Beginners is a comprehensive guide to harnessing the natural power of essential oils. If you're interested in getting started with essential oils and aromatherapy, this book is a great place to start! •Sarah, Nature's Nurture For centuries, essential oils have been known to possess natural healing powers •but even natural remedies can cause harm if not used correctly. Knowing how to use essential oils safely is a great way to naturally soothe your own body, mind, and home. The Essential Oils for Beginners guide teaches you how to expertly blend essential oils and create your own aromatherapy mixes to relieve stress, bolster energy, and more. Packed with recipes to combat everything from morning sickness to migraines, and explaining the benefits of each ingredient in nature's apothecary, the Essential Oils for Beginners guide gives you everything you need to master these ancient cures. Essential Oils for Beginners will teach you to use essential oils for any purpose, with: Over 85 Easy-to-Follow Recipes for curing ailments, enhancing beauty, and sprucing up the home 10 Helpful Tips for blending essential oils correctly and safely Collection How-To's for buying the best essential oils, including how to stock your collection to gain the biggest benefits of using essential oils and aromatherapy Recent scientific research shows that essential oils can help to prevent and heal disease, with the added bonus of being all natural and more affordable than modern medical treatments. Thanks to the Essential Oils for Beginners guide, you'll discover the essence of what it means to live a healthy and natural lifestyle.

## Book Information

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## Customer Reviews

### Essential Oils for Ailments

### Sore Throat Spray

If you have a sore throat, this simple, natural spray will provide rapid relief. Peppermint and lemon essential oils have anti-inflammatory properties, and the lemon essential oil in this remedy provides a helpful vitamin C boost. 1/4 cup distilled water. 1/4 cup fresh lemon juice. 20 drops lemon essential oil. 7 drops peppermint essential oil. Blend all the ingredients together in a spray bottle. Shake well before spritz-ing the mixture into the mouth, toward the rear of the throat. Use as needed. Keep in refrigerator for up to 2 weeks.

### Herbal Steam Relaxation

Warm, moist air helps open stuffy bronchial and nasal passages. Laven- der, rosemary, and bergamot aid in relaxing overworked throat and facial muscles while reducing the body's viral load. 3 cups steaming water. 5 drops lavender essential oil. 5 drops bergamot essential oil. 5 drops rosemary essential oil. Clean towel. Pour the water into a shallow bowl. Add the essential oils. Position your face over the bowl, and cover your head with a towel to create a tent; breathe deeply until the water cools. Come up for air every minute or so, as needed.

### Aromatherapy Blend for Bruises

If you've bumped yourself and see a bruise developing, you can help soothe the pain and diminish the bruise's appearance with this blend. Both marigold and helichrysum essential oils are excellent anti-inflammatories. 8 drops marigold essential oil. 8 drops helichrysum essential oil. 2 ounces carrier oil. Blend the essential oils. Add to the carrier oil of your choice, such as jojoba or sweet almond oil. Apply directly to bruised area once or twice daily.

"If you've ever struggled with figuring out what to do with your oils, than you'll definitely want to get this book. So many different ailments are covered, recipes to enhance well-being, cosmetic uses, and uses for your home, too."- Jenny Krout, According to Jenny  
"Essential Oils for Beginners" is a comprehensive guide to harnessing the natural power of essential oils. If you're interested in getting started with essential oils and aromatherapy, this book is a great place to start!"- Sarah, Nature's Nurture

I expected this book to be completely different from what it is. The science of essential oils exists, and is very important to understand if you want your experience with them to be productive. The author begins the book with the history of essential oils, proving their effectiveness in the ancient world. Their use in modern medicine is then explained; to treat the plague, burns, war wounds and a myriad of common ailments. Many popular essential oils are broken down, in the next section of the book, giving their source, uses, dangers and the author explains how to mix them with other oils.

The last section of the book lists ailments and gives recipes of essential oil blends that will alleviate your symptoms. This book made me start to question the use of modern medicine and wonder why we no longer rely on these natural methods of healing.

I feel kind of silly for purchasing this book. One thing is for sure - I WILL be sending it back!

**Problem #1** There is no author or even editor(s) listed anywhere. There are none listed in the book. There are none listed on the publisher's website (which is a whole other issue - I have my doubts about the publishing company as well). If there is a book about herbs, essential oils, or anything regarding my health, I want to know WHO is giving me the information. I want to know what qualifications they have to be making the claims they make.

**Problem #2** There are no references in this book. If there is no author, there should at least be good references. None of the claims in this book have any annotations what-so-ever. There is a reference section in the back, but as far as I know, these are just books the (unknown) author skimmed over at some point and picked up some pointers from.

**Problem #3** The recommendations in this book for oil usage do not align with those taught by certified aromatherapists. For example, most of the oils are recommended for usage without dilution and are recommended to take internally. The only places that I find these practices recommended are in works produced in some form by essential oil MLM companies. While I like some of the oils, I do not feel their practices in regard to oil usage are safe. The reference section does list several books about herbs as references, which concerns me a little bit. Essential oils and uses of whole plants (leaves, stems, etc), are two very different things. You would talk to an herbalist about herbs and an aromatherapist about essential oils.

**Problem #4** The book refers to the importance of only taking "therapeutic grade" essential oils internally. There is no official grading system for essential oils. The terms therapeutic grade and certified pure therapeutic grade are marketing terms. While they may mean something to the companies who use them, they are no more reliable than a food company that labels its product as natural. There are other problems, but I will not go on. The oils in this book are mostly those offered by Young Living (although no blends are included). If you are a Young Living oils user who just wants a run-down of the oils and some general usage that is in line with what the company advocates, this might just be the book for you. If you are starting out using oils and want to really learn about oils and how to safely use them, I would not consider this a reliable source. I recommend moving on.

Why buy the book when the info is free online?! Google Mountain Rose Herbs and go to their website. Click on Aromatherapy, then Essential Oils. Select any individual essential oil by clicking

on it. There you will find the detailed description of each item is the IDENTICAL, 99% verbatim, information that's in this book. I don't know if these companies are related. If not, then someone has plagiarized. Even without this problem, the information is so scant it's like reading a cereal box....very, very, very light reading! This book is pretty much a joke, but I'm not laughing. What a freaking rip-off! A much better book for beginners and chock full of information is called The Aromatherapy Book by Jeanne Rose. Don't waste your time or money on this crap.

Great starter guide to start learning about essential oils & their uses. Very informative & filled with good information, alphabetical, so to look up each oil as needed. Glad to be getting into this more natural therapeutic mode of health & healing.

I bought this book for my daughter. She is starting to use oils and I wanted her to learn about how to use them. She loves her new book on Essential Oils for Beginners.

Unless you are familiar with uses for each essential oil this book is really not for a beginner, if I want to look up eo use for a headache I can't just look in the index unless I know any of the eos to use for a headache, just not as easy to use and find what I need as expected

Very thorough book, nice primer if you're interested in the topic and want to wade in .... I like the way it's set up and organized.

This is a very nice book with some great information on essential oils. The book lists all the essential oils alphabetically and it tells you what each one can be used for. It also lists many different ailments and issues and then tells you which essential oil will help for each situation. It gives you different recipes for using multiple essential oils together and what the benefits are. It also has lots of other information regarding essential oils that will be very helpful for people beginning to use essential oils. I'm very pleased with this book.

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