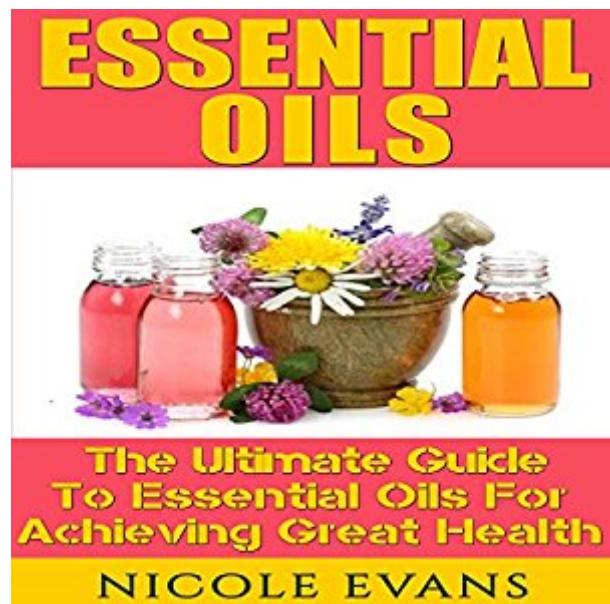


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# Essential Oils For Beginners, Version 2.0



## **Synopsis**

Want to learn how to look and feel great with essential oils? Discover the amazing health and beauty benefits of essential oils! Are you ready to feel the health and beauty benefits of essential oils so you can start feeling your best? Whether you want to heal some pain, look more beautiful, or feel happier, essential oils can help you. Here is a preview of some of the essential oil recipes: Headache oils Sore muscle oils Mood booster oils antistress oils Bath blend oils Calming oil lotion rub Antiaging oils Back pain oils Much, much more! Here is a preview of what you'll learn.... The ins and outs of essential oils Essential oils that can reduce pain and inflammation Essential oils for stress, anxiety, and depression Essential oils for antiaging Essential oils for weight loss Essential oils tips Essential oils benefits Bonus material Much, much, more! Want to know more? Download your copy right now!

## **Book Information**

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## **Customer Reviews**

First of all I got this book for free. I do know about essential oils, and was looking for more in depth information. I felt the author is trying to speak to those who don't know a lot about essential oils. She did start at the beginning, and provided some good information. She shared her favorite oils and recipes. With that being said, I felt she should have provided new users some precautions, such as.. Start using oils on the bottom of your feet only. Cinnamon is a hot oil, and will burn your skin if you don't dilute it. The book suggested diluting as a option, however in many cases it is a necessity. It didn't mention that water intensifies oils, not necessarily a good thing with hot oils. How to dilute an oil you have a reaction to, like putting more carrier oil on top or adding lavender to it. It didn't

mention that eucalyptus is toxic when taken internally, yet suggested it in a recipe. It never mentioned that you never put an essential oil on open sores or in your ears. This book could have been better titled so you know what you're getting. Something like recipes for weight loss, stress, and anxiety. The word "ultimate" in the title makes it sound like you are buying the bible on oils.

Good book. Great Book. Lots of valuable information for a new do it yourselfer. I love to learn new things and this is something that I really want to learn more about. I want to stop using chemicals and getting more into natural ingredients.

I LOVE essential oils. But don't start off by blanket saying that modern medicine does more harm than good. First, that is opinion, not fact. Second- if you want people to be open minded about some of these incredible natural remedies, don't start by bashing science. People will stop taking their medicine and end up sicker. Essential oils are amazing, but you can't encourage people to stop following doctors.

A quick informative read. Before reading this book I knew very little about what benefits that various oils were best known for. I also had little knowledge of the various ways that the oil may be collected, and the grades. This was very helpful in giving me a basic understanding of some oils, their benefits, and some useful recipes to get me started. Lin Beebe

I was interested in essential oils, found this book and I am very pleased, very basic information to get you started, gives you recipes and they are very easy to follow, I recommend this book for information to get you started. Thank you!

I bought this book as I wanted to find out more about essential oils in general after someone had recommended oils in my meditation class. I was happy to find a whole chapter on reducing pain and inflammation as I am in a lot of pain due to a sporting injury. This book gave me a lot of natural alternatives to reduce inflammation and pain through essential oils. It is very specific and is packed with lots of good info. Great book! I love Nicole's books!

I had to stop reading this after starting the second chapter. Unfortunately, I was too distracted by the poor grammar and incorrect word usage. It made me highly skeptical of the author's authority and true expertise. If you do research essential oils online, as instructed in this pamphlet, there are

plenty of warnings that the term "therapeutic grade" is a marketing term only, not an actual thing. The fact that one of the first pieces of advice in the book is to be sure to purchase therapeutic grade wasn't a good sign.

Good info for a beginner with oils! Good resource to have on hand to refer back to later. Not an ultimate guide though.

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