

YOUR GUIDE TO ESSENTIAL OILS



Here are 8 oils to keep in your rotation. Each of these scents fosters happiness and health, internally and externally.



1 LEMON

Want to cleanse your body from the inside out? Lemon oil is the way to go. It improves lymph drainage, thus strengthening your overall health.

2 EUCALYPTUS

Eucalyptus isn't just for koalas. This essential oil helps with respiratory issues. It's been proven to dilate blood vessels to better the flow of oxygen to your lungs.



3 PEPPERMINT

In addition to smelling like Christmas, peppermint oil relieves headaches and muscle pain. It can also improve your focus and boost your energy.



4 LAVENDER

Stressed? Turn to lavender oil! This soothing scent fosters relaxation, even on the toughest of days. We like spritzing our pillowcases with it before we go to sleep.



5 SANDALWOOD

Just like your morning coffee, sandalwood oil gives you the boost of energy you need to start your day off right. It's also perfect for eliminating dandruff and promoting hair growth.

6 ROSEMARY

Rosemary is the essential oil to turn to if you've got thin hair. It can naturally thicken your hair, taking your scalp to the next level.



7 GINGER

As an anti-inflammatory, ginger helps reduce discomfort both internally and externally. Its medicinal qualities help with nausea, menstrual disorders, and respiratory conditions.



8 CLOVE

Antioxidant? Check! Anti-inflammatory? Check! Because of these properties, clove is perfect for addressing skin concerns such as acne and signs of aging.



Aromatherapy Guide To Essential Oils

Julia Lawless



Aromatherapy Guide To Essential Oils:

Essential Oils & Aromatherapy Marlene Houghton, 2018-12-04 In Focus Essential Oils Aromatherapy is your quick guide to the qualities and healing effects of every major essential oil including recipes for beauty home and health applications Essential oils have been used for centuries and across many cultures in holistic remedies for all types of common ailments Extracted from flowers seeds plants and trees natural oils are applied either topically or aromatically to give healing effects This artfully designed guide gives you easy access to the information you need to use them effectively After a detailed summary of each major oil recipes of specific oil blends for numerous treatments are presented including helpful hints and tips With practice and with In Focus Essential Oils Aromatherapy in hand you will be able to understand and use essential oils for countless purposes including Headaches Runny nose Allergies Common colds Cooking Perfume Deodorizing Stain removal The In Focus series applies a modern approach to teaching the classic body mind and spirit subjects Authored by experts in their respective fields these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject As a bonus each book includes reference cards or a poster held in an envelope inside the back cover that give you a quick go to guide containing the most important information on the subject *Essential Oils* Amy Joyson, 2015-06-03 Transform your health with the definitive beginners guide to Essential Oils Get 2 FREE Ebooks with this guide Are you ready to improve your health and vitality with the use of nature's greatest medicines Allow me to introduce you to the world of essential oils and aromatherapy In this book there is absolutely no prior knowledge required and everything is explained in simple easy to understand steps There is simply nothing more important in life than good health Health is either the facilitator or the limiting factor in doing and achieving what you want from our time on this gorgeous planet What if I told you I could teach you a natural treatment that takes care of both your mental AND physical health at the same time What if I could teach you how to cure your common cold without the use of drugs What if I could teach you to start the day exploding with motivation and energy whilst finishing the day calm content and stress free All of this and SO much more is possible through the proper application of essential oils Let me introduce you to the amazing world that is going to transform your life Here is exactly what you will learn whilst reading this book A history of the essential oils What exactly essential oils are The 3 key techniques for extracting essential oils and an explanation of grades A guide to buying essential oils The 3 important ways to administer essential oils How the essential oils work in the body 10 important rules of safety A detailed guide to the 20 most important essential oils What are the carrier oils and how to use them A detailed guide to the 10 most important carrier oils A detailed guide to using massage in aromatherapy practice 12 of the most important recipes and remedies for everyday use ranging from preventing hayfever and allergies to solving insomnia to clearing acne Buy now to begin your journey through the exciting world of essential oils and aromatherapy **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

The Encyclopedia of Essential Oils Julia Lawless,2002 A guide to aromatherapy with vital information on plant origins medical herbalism and the properties and actions of herbs and essential oils Covers 165 oils their actions characteristics principal constituents and folk traditions

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[The Complete Illustrated Guide to Aromatherapy](#) Julia Lawless,2002 This encyclopaedia of remedies and techniques covers every application of aromatherapy from cosmetics and clinical aromatherapy to perfumery and explains how aromatic oils can be used simply and effectively to treat a wide range of health complaints The Ancient Egyptians Greeks and Romans all practised aromatherapy but it was only in the 1980s and 1990s that the benefits of aromatic oils were generally recognized Many essential oils have antiseptic and revitalizing properties and have been proven to benefit people suffering with stress related disorders respiratory and skin problems This encyclopaedia of remedies and techniques covers every application of aromatherapy from cosmetics and clinical aromatherapy to perfumery and explains how aromatics oils can be used simply and effectively to treat a wide range of health complaints

Reference Guide for Essential Oils Connie Higley,Alan Higley,2017

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