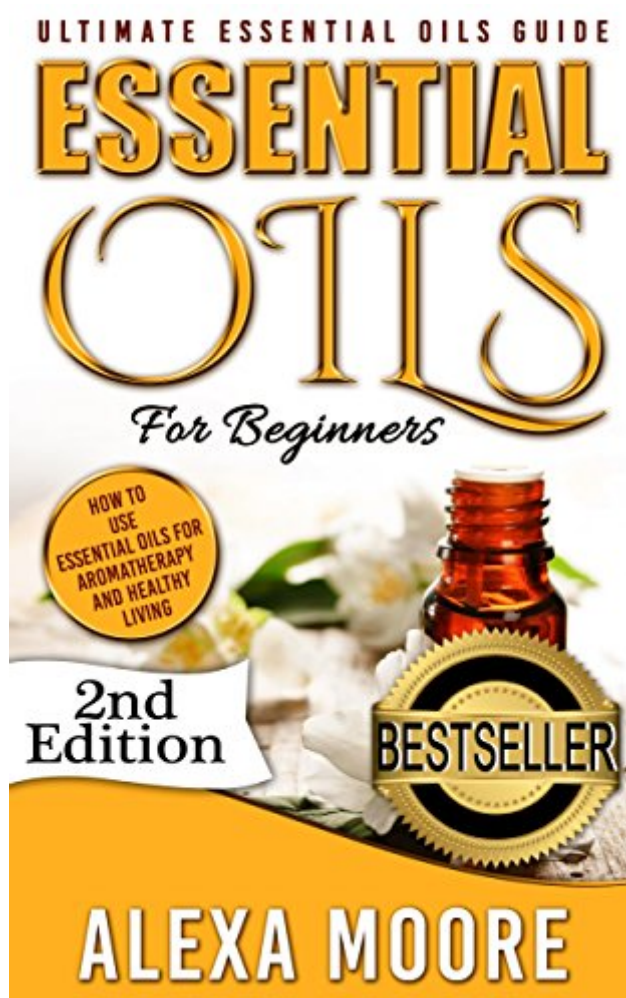


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# ESSENTIAL OILS: Essential Oils Guide For Beginners And 89 Powerful Essential Oil Recipes For All Occasions (Updated Version) (2017 Recipe Quick Reference)





## Synopsis

Look Younger and Feel Better - Gain the Healthy Benefits of Essential Oils!The #1 Best Selling critically acclaimed book is now available Globally on - Download it Now!You are backed up by our 100% Money Back Guarantee.Do you want to look and feel younger?Do you want to relieve stress?Or are you fighting the symptoms of chronic illness?When you download Essential Oils Guide for Beginners and 89 Powerful Essential Oil Recipes for All Occasions, your house will smell great every day! These fun and easy tips help you understand the many benefits of this fun hobby. You'll be proud to show off your knowledge of essential oils to your friends, co-workers, and family!This helpful book provides an overview of aromatherapy and explains basic concepts such as the differences between essential oils and carrier oils. You'll learn how essential oils are safe, inexpensive, readily available, and have virtually no side-effects.Aromatherapy with essential oils has multiple benefits, such as stress-reduction, detox, chronic illness relief, and preventative uses.The knowledge hidden within this book will take you step by step, through the process of creation, and usage of essential oils.This Book Will Show You:The Importance Of AromatherapyBenefits It Will Show On Your HealthWhy You Should Use Essential OilsHow To Create Them How To Use Them When To Use Them And Much More!You Also Get 89 Essential Oil Recipes, Including:Organic Oil MixtureMinty MagicInsomnia Relieving BlendLavender And Rose Bath SaltRefreshing Herbal Face Mask Scrub MixMacadamia & Rose Up SenseArgan Facial SerumHeadache MixturePeppermint Foot CreamRelaxing Massage OilAnd So Much More!Download Essential Oils Guide for Beginners and 89 Powerful Essential Oil Recipes for All Occasions and become a master alchemist who creates his own essential oils!Scroll to the top and select the "BUY" button for instant download.You are backed up by our 100% Money Back Guarantee.It Will Pay Off To The Last Dime!

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## Customer Reviews

I am not an experienced essential oils user. This book is perfect for someone like me. My experience with essential oils has been that lavender really smells like camphor and peppermint actually does smell like peppermint. That is it. I wanted to know more about using essential oils for things like migraines, colds, and basically health related issues. I would also like one to make my house smell good. This book is great because it doesn't assume you already know what you are doing. If you are a new person to essential oils then this is the book for you. Not only does the book explain the different essential oils but it goes on to include recipes which is probably the best part of the book. Someone just starting out just doesn't know this stuff so it is great that it is spelled out. This would make a great gift along with some essential oils. #essentialoilsDisclosure: I received this book free in exchange for my honest review whether good or bad.

Kindle has become the go to spot for various books on the subject of essential oils. Nearly every book claims to be the "ultimate guide" in some way or another. The problem is, you will likely get a book that is full of ways to mix the oils or a book that is full of information that reads more like a glossary than a guide. This book had a few good and bad surprises for me in both categories. Guide InformationI was slightly disappointed in the actual guide portion of this book. To be honest, they didn't cover the questions that people coming into essential oils really want to know. They covered a lot of basic information that most websites and books already have. If you are going to have an "ultimate guide," I want to see something new and different. I want to see something I can't find anywhere else. I want to have some questions answered like "How do I know an oil is a real oil and

not synthetic or mixed?"I will say the guide is decent for newcomers and it does cover some basic information. It just doesn't fit what I would want to see in a true "ultimate" guide.

**The "Recipes"**This is the part of the book I really enjoyed and did find a few surprises in. Most guides will give you ways to mix your essential oils in diffusers or in bath salts. This guide actually gives recipes for backache relief, perfume blends, massage blends, and a sauna blend that is ideal for congestion. Those are not recipes a beginner may find immediately. There are your typical bath salt recipes, but they are detailed and do cover more than just mixing the oils in.

**Things I Missed in this Book**I always try to add a bullet list of the things I wish a book had covered, or items that were missing. Here's my list for the *Essential Oils: The Ultimate Essential Oils Guide*.

**Editing.** I know that self-publishing is an easy route to take, and it allows you freedom to go down the path you want for your writing, but hire an editor. This is by far my biggest pet peeve with any self-published book on Kindle. There were times in this guide where it was very clear the writer did not speak or write English as a first language. If you are going to publish in English, please make sure the editing and translating flows well. There were times when the lack of translating/editing was glaring and it made certain portions difficult to read or follow.

**Pictures.** I really like seeing images of the finished product or of certain steps along the way. I don't need to see water boiling, but seeing what the finished bath salts or lotions look like does help to entice the reader and makes them want to try the recipe.

**Questions and answers** beginners would have. There are a ton of oils on right now labeled as therapeutic or essential when in fact they aren't. Most of them are cut with a carrier oil and in some cases are good only for diffusing. In other words, they are glorified air fresheners. Unfortunately, a beginner won't know that and may ingest an oil based on a recipe. This could harm them. So, cover how to know the differences in these oils and some safety options. Just because it says essential doesn't mean it is.

**A title change.** This really left me wondering where the ultimate guide was. Honestly, the book is good, but it would have been much better if it had been presented as an essential oil recipe book for beginners. When over half your book is recipes, then it's time to change the name from a guide to a recipe book.

**The Purely Eclectic "Pure Meter"**I give books a pure rating (I know it's corny, but it works). This rating is based on how close to the title the book is, the information it brings to the table, and how likely I would be to recommend it to one of my natural health clients. This is based on a 5 star scale. *Essential Oils: The Ultimate Essential Oils Guide* gets a 3 star out of 5 from me. Would I recommend it? If it were a recipe book for oils, then yes. Does it have valuable information? Some things are, but most can be found in hundreds of other sources. I'd really like to see the writers change things up and come out with a real guide and then a recipe book. I think the two combined would make a great starter package and would set them apart from the hundreds of

guides out there.

The book was very easy to read. I found the way it was laid out was insightful and helpful. I love how it gives you the basics of what an essential oil is along with the examples of said oils. It offers a very easy to understand step by step instructions on how to assemble your own essential oil combinations. Each recipe also gives you an short example of how each oil can be used. I liked how it explained the different forms in which essential oils can be used. The book is worth it for anyone who likes to have a simple but easy to follow beginners guide to essential oils. It's basic and to the point with out being to overwhelming in technical explanation. The book also gives you a list of possible benefits using essential oils may have in your day to day life. All in all it was a very good read. This is a great purchase for anyone who is learning how to combined essential oils because the recipes alone are very useful to have on hand. The opinion expressed is my own. I was able to read a free sample copy for review purposes.

Essential Oils are something that I have on my must try list but I have never checked off, for whatever reason. So when I was approached to review this book, I said ok. This book is fantastic for those who are first time Essential Oils user or people who have been using them for a while. The author did a great job explaining the different ways to use them and the different types of oils and what they do. The recipes had to be my favorite part of the book. I loved reading through them and they very simple. Even a Essential Oils noob, like myself, could easily make them. Will I read the book again? Yes Will I reccomend it to family and friends? Yes Age range? Teens on up. Younger than teens could do this with parental supervision. Disclaimer: I received Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oils Recipes for free through Splett Sports for my honest review. All opinions expressed in this review are mine and mine alone. I received no financial compensation for this review.

I have read this book. I like it! It is quite simply presented. This is a typical e-book, there are lots of these available nowadays, especially about essential oils. I wanted to read this book to educate myself as to what I can do with some oils that I have, and this particular book mostly lists various aromatherapy oil preparations, massage oil mixes for various needs. This is a good book to use if you are planning to mix your oils, and make some new products for your car refreshments, relaxation oils, and oils you want to use in a diffuser. Sample was provided free of charge for reading and a review.

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