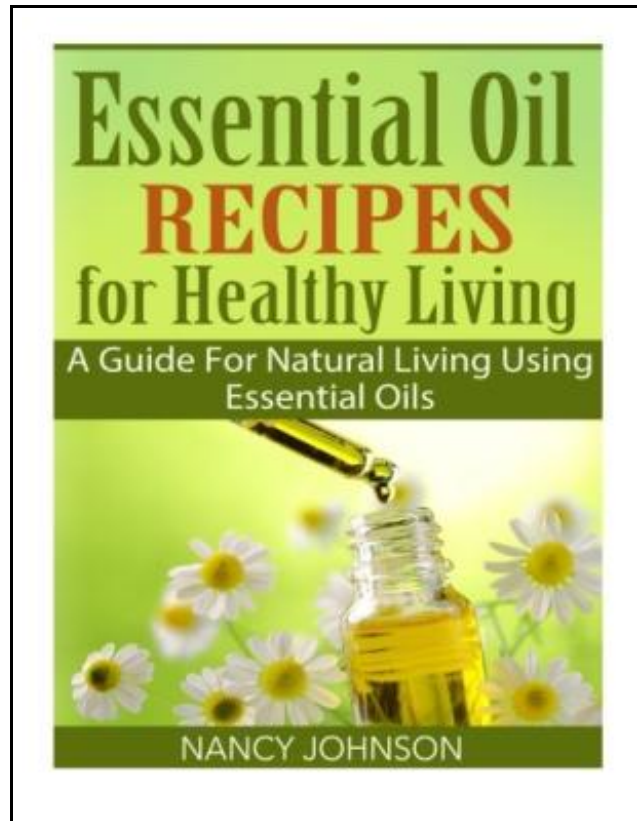


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Reviews

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(Prof. Maya Hand)

ESSENTIAL OIL RECIPES FOR HEALTHY LIVING: A GUIDE FOR NATURAL LIVING USING ESSENTIAL OILS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Essential Oils are called such because they contain the real essence of the plant where they were extracted from. They are usually extracted from plant parts such as the flowers, stems, barks, leaves, fruits, seeds and roots. Essential oils are greatly used in aromatherapy because they do not contain any artificial products or add-ons. In other words, they are as pure as you can get. Essential Oils or EOs are also widely known for their therapeutic benefits. They are either applied on the skin or inhaled using a diffuser or by rubbing a small amount on your palm. Although mainly treated as oil, Essential oils are not actual oils because they do not contain fatty acids unlike vegetable oils or any other oils. Since Essential Oils are pure blends, they need to be diluted in carrier oils such as Jojoba oil, Almond Oil, Olive Oil, Coconut oil and Grapeseed oil. Take note that if you are allergic to a certain plant, chances are, you are also allergic to its Essential oil equivalent so make sure to do a skin test first. In this book, you will learn: The benefits of using Essential Oils 25 Essential Oil recipes for health, beauty and mood alterations Guide to the uses and benefits of various essential oils. Natural remedies are still the best when it comes to treating ailments. Not only because they are cheaper, but also because they also do not contain any chemicals that can hurt your body. Some may not have an obvious effect right away, but you will experience the symptoms after a year or so. Essential oils are extracted naturally from plants; therefore, they...



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