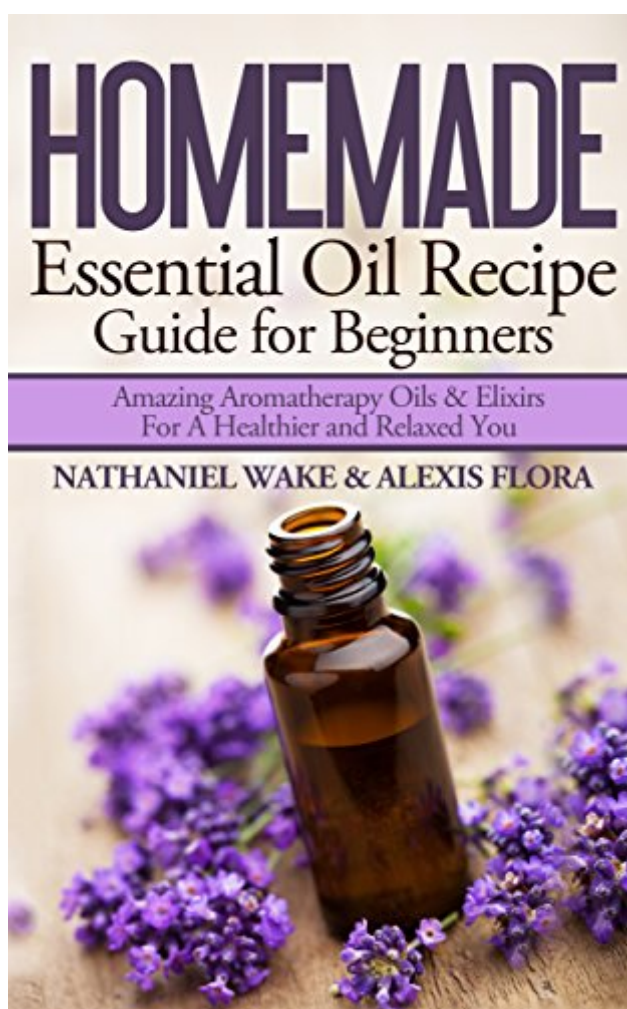


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# Homemade Essential Oil Recipe Guide For Beginners: Personally Tested And Proven Essential Oil & Aromatherapy Recipes With Instruction



## Synopsis

You Can Restore Your Health and Mindfulness Easily and Naturally With Essential Oils This book is part of that Journey. Nathaniel grew-up in the outdoors, learning and practicing the concepts surrounding self-sustained environments. Nathaniel now holds deep-seated beliefs in the remedies and applications of the herbs and plants of our natural world. Our ancestors used natural ingredients and herbs to heal our bodies and to sooth our emotional concerns. Somewhere along our path weâ™ve reverted to synthetic and chemical-based drugs to treat ailments and diseases. Now, Nathaniel is on a mission to bring some of that knowledge back to the fore, to positively encourage us to change our mindsets and to accept more of what nature provides. As an advocate of sustainable living and permaculture, he shares his research and knowledge in a series of enlightening books. His aim is to help us to regenerate our health, to boost our immune systems, and to return to the natural ways of our fore-fathers. If this is your desire then scroll up now, grab a copy and join the thousands of others who have already started with this Best Selling easy to follow guide.

## Book Information

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## Customer Reviews

I liked this book for numerous reasons â “ with stress and anxiety on the rise, it was great to find natural remedies without the dangerous and often fatal side effects that it seems every prescription drug on the market now has listed. I am going to make the insect repellent formula as soon as the weather gets warm again since my grandson goes fishing a lot. The mosquitos are relentless and having a natural alternative that is also less expensive than the sprays in the stores will be more than appreciated by my grandson. I also liked this book as I love sugar scrub products but they are really expensive in the store and when I look at the labels â “ well, they arenâ™t as natural as you would think and often contain a lot of additives. So I was more than pleased to find information on making my own products. Last but not least, this book gives insight on the different grades of oils which is more than helpful as in some cases what you may think is a deal isnâ™t. There was a lot more information in this book than I expected and I felt I got more than my moneyâ™s worth. I definitely recommend this book to others.

This book about homemade essential oils taught me a ton of information on this subject. I'm a newcomer to aromatherapy and to the idea of making your own lotions, cleansers, etc. I was searching multiple book topics on and thankfully saw this book. The cover taught my eye immediately so I looked inside and I was hooked. These two authors explain essential oils, discuss their benefits, as well as how we should remain safe while working with them. (I had some lavender and peppermint oils I'd purchased from a health food store so I experimented with each of them. Wow!) This book even includes a bath salts and lotion recipe. Another high point are all the many recipes for perfumes. This book is a must have for aromatherapy beginners!

This is the perfect book for a beginner wanting to make their own recipes for health. Not only are there recipes but facts and warnings a beginner like me would never think of. I am looking forward to making the sugar cube scrub tonight since I have those ingredients on hand. I am also going to be picking up some Epson salts to make a lavender soak for when I workout and have trouble getting to sleep. I am excited about trying these recipes and others out after I do the research to make sure I'm getting quality oils.

If you are new to essential oils, this is an excellent book to read. The author does a great job introducing the reader to essentials oil, and aromatherapy. There a list of the benefits of using essential oils and the different usages. I like the fact that there is a detailed description of what to

look for when you buy your oils as quality varies and ingredients can also be deceptive if you are not aware. I especially like the chapter on oil blends and the list of common essential oils including their usage, and safety issues, if any. There are also information on CO2 extract, hydrosol, and carrier oils and infused oils. Then you have recipes to make various products at home using essential oils like lotion, sugar scrub, shampoo, and many more. Highly recommend for anyone looking into essential oils.

A few months ago we were visiting my brother and his wife, and while there my wife started with a migraine headache. Our sister-in-law immediately pulled out a tool chest filled with oils. She explained her interest in the items and proceeded to rub different oils on my wife's neck and feet. It didn't immediately 'cure' the pain but it reduced it enough to make me curious - hence the reason for buying and reviewing this book. I still don't know how sold I am on the whole concept - I come from a very medically oriented career - but it was nonetheless informative and eye-opening. As a beginner, I found the information very well laid out, directional, and concise. I suspect there are volumes to be had with the minutia, but an overall view of the essential oils, I found this to my liking. I will dabble a bit with the recommendations and have already found for relaxation the author is spot on. I would recommend this to anyone wanting an introduction without getting lost in the nitty gritty. Overall, a fun read and excellent food for thought.

I started reading this book after work with the intent of making a grocery list and going to the grocery store another day. That ended up getting fast tracked. I read the first couple of pages then decided to hop in the car to go to the nearest (actually kind of far) herb shop before it closed. I made it and took my sweet little time reading the rest of the book and filled my shopping cart. I am saying all of this to say that this ebook is a great resource. Some of my favorite recipes include; mouthwash, bug repellent, anxiety mix, massage blend #4. Also for some of the recipes I did not have the essential oil, but i had the plant. For example for the bug repellent I had the plants. I mashed them together and it worked pretty good today. This is a great book and I would recommend for people who are not beginners as well.

I have decided to try a different holistic approach and life, and I have heard of the benefits of essential oils that are used in aromatherapy. It was not until I read this book that I truly realized I made the right choice. While reading through this book, I was reminded of a memory of my grandmother who would put herbs and oils in a bowl with hot water and drape a towel over our head

and told us to breathe deeply whenever we were sick. This book was packed full of easy-to-follow directions on the types, preparation, storage and uses of essential oils for medicinal purposes. Before reading this book, I was unaware of the vast amount of oils that are available and their healing powers which can help the mind, body and soul. Perfect me to refer back to during my new approach. I'm truly glad I bought this book!

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