



Smart Mom's Guide to Essential Oils

Mariza Snyder

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Offers over 50 of the most useful essential oil recipes for tackling every mom's daily needs

The primary concern for you, as a mother, is making sure your family is in good health and your home is a safe environment—a more difficult task than ever in an increasingly toxic world. Using the carefully crafted recipes and healing practices in this book, smart moms everywhere can take advantage of the incredible power of essential oils to overcome this vital dilemma. Packed with hundreds of practical, holistic solutions, this complete guide to essential oils covers the most fundamental applications, from creating non-toxic homemade cleaners to relieving common aches and pains. Included are recipes for everyday emergencies and on-the-go first aid, while other concoctions aim to enhance individual mood, sleep, and weight. The book also includes special blends for pet health, making sure that even Fido stays well. With detailed information on the benefits of every type of oil, tips for safe practice, and a comprehensive list of resources, *Smart Mom's Guide to Essential Oils* is an indispensable reference for moms looking to get the most from their oils.

Smart Mom's Guide to Essential Oils Details

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From Reader Review Smart Mom's Guide to Essential Oils for online ebook

Amy Bell says

Lot's of great oil recipes for the whole family, including babies.

Gina's Library says

Although the title of this book says Smart Mom's Guide, it's a great book for anyone that is already into essential oils or wants to try them.

I love the essential oils that I have. Most of them are blends already made up for you. I have not branched out to make my own blends yet. This book is great in telling you the recipe for making your own blends.

The book is separated by chapters of information. The beginning has an introduction to essential oils. Then it's separated by personal care/cleaning etc.

This is the type of book you leave on your bookshelf at all times for quick references. I already have a list of oils I want to purchase to make my own blends to use for these purposes listed.

I love the personal spa recipes, and all natural cleaning supplies. This is really important since I have severe asthma and a puppy.

I received this book for free in exchange for a fair and honest review. All opinions in this review are 100% my own.

Jeffrey says

An easy to understand book on the uses essential oils. Highly informative, while not clinical or commanding, about the benefits of implementing Essential Oils in your daily life. For anyone who is curious about using EO the first 3 chapters will give you great insight, and the remainder of the book is a great reference for recipes to consider using at your own discretion.

Melissa Crump says

Really a helpful book filled with lots of great tips, recipe blends and knowledge. Very handy.

Sarah says

Mostly a solid reference on essential oils and how to properly dilute them for even your youngest family

members. Detailed descriptions of the properties and recommended uses of some of the most family friendly oils as well as topically divided chapters with recipes for all sorts of household products make this a super-practical guide.

There's a fair amount of science here, but Snyder's clearly drunk the Kool-Aid and occasionally drifts into vague talk about toxins and chemicals that gets my pseudo-science guard up a little bit. At the same time, I've seen some of the healing properties of tea-tree oil first hand (it is my go-to skin weirdness remedy). Overall I like it a lot, but I think I'm going to look around to see if there's anything even better researched out there.

Alicia says

This book is perfect for the mom who is new to essential oils! I love that it has recipes and it does not support any specific oil brand but is sure to name the three that she trusts. The information is practical and easy to understand.

Natosha says

The book, Smart Mom's Guide to Essential Oils by Dr. Mariza Snyder is a wonderful read! This book has the perfect way to provide the natural way to keep the household and family healthy with essential oils. Plus, it's not on all types of subjects for healing, but family-related health issues and the household. Even if you aren't a mom, it's always good to know a natural way to cure some common issues and keep the home smelling and healthy daily! Everyone needs a healthy home, especially for the family or just yourself. So I really love reading about the wonderful ideas to use to heal and keep the house safe! Also, this includes not just people but animals, most of us have pets and we don't want to forget to help them as well. That is why this book will come in handy not for the family of human beings but pets too! Never forget our furbabies!

I love the easy to follow recipes, the wonderful photos and how complete the information of essential oils are covered inside. If you had no idea what they can do or what it's all about, well this book will fill in the gaps and even help provide you with recipes so you can live a healthy life, easily! No more feeling blue or ill, there are so many things you can fix and it's all in this book! I really love how helpful it has been to read something that just revolves around the home and people inside, while many other books cover healthy ways to heal but not solutions for the home as well. Therefore, this is a wonderful book and such a great read whenever my family, my pets, or I need to feel better!

Amy Kreydin says

The author talks about grades of essential oils where no such grading system currently exists in the United States but doesn't offer any citations or references for some of these "well-known facts" she discusses in her book. She writes, "it is generally accepted that about 90 percent of what is sold as "pure" essential oil in the United States is fragrance grade and diluted." This and other marketing-language are a far cry from accurate and are featured heavily in this book.

Safety issues abound in this book as the author routinely recommends undiluted usage and high dilutions when she does recommend diluting essential oils. For example, she recommends teens to use 10% and adults

to use 10-25%. I rarely use that high of a strength in cases of first aid pain relief following a broken bone, or badly sprained ankle. It's alarming to read these suggestions!

In the end, if you'd like to give yourself a case of temporary hypertension I would recommend this book. Otherwise I'd suggest seeking out an author that has received formal training in essential oil chemistry and can offer guidelines based on national and international best practices for safe and effective usage of essential oils.

Michelle says

This 210-page paperback is a GREAT resource, for new EO users and for those like me who have used essential oils for a while. You don't have to be a mom to get a ton of great tips out of this guide. This book is well-written and easy to use, with great explanations of her top 25 essential oil recommendations, blend recipes for all sorts of applications, household cleaning suggestions using EOs, and health and wellness recommendations using oils. HIGHLY recommended for all EOs users wanting to expand their applications in many helpful, healthful ways.

I already have implemented several suggestions in the 24 hours since finishing the book, and am looking forward to mixing up some EO trash can deodorizing tablets soon (& tossing the tablet into the laundry when "done"!)

Grateful to my yoga teacher/EO user Nicole Deavilla, author of The 2 Minute Yoga Solution: Fast and Easy Stress and Back Pain Relief for Anyone at Anytime who shared this book with me and others who might likely benefit from its teachings - and her ongoing dedication to sharing wellness with so many others.
