



Essential Oils & Aromatherapy Volume 2 (Boxed Set): Natural Remedies for Beginners to Expert Essential Oil Users

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Essential oils have a variety of positive uses. Peppermint can help with stomach issues and PMS. Clove oil is used to cure headaches. Inhaling citrus oils has been said to cure cabin fever. Other oils like mint and citrus help people relax during summer. Essential oils are organic and all-natural, so they can be used as replacements for certain harmful medicines and perfumes. Integrating essential oils into a person's routine can lead to becoming more relaxed, happy and fun to be around.

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From Reader Review Essential Oils & Aromatherapy Volume 2 (Boxed Set): Natural Remedies for Beginners to Expert Essential Oil Users for online ebook

Christine Zenk says

Great

This box set has a ton of information. It breaks down the oils and how to use them. There is also a recipe section.

Lynda says

will use some of the recipes for my stuff

jennifer sticht says

A must read for other beginners

This 2 book set should be an essential reading material for new essential oil users like me. The first book contains a lot of essential information such as the basics of using oils, like which oils should be used as base oils otherwise known as carrier oils. This chapter was very helpful to me and contained information I did not know. These books also recipes in them, they explain how to use some of the more frequently used oils like cypress oil. It explains what aromatherapy is and the benefits of it. There is also an overview of the best essential oils and what they can be used for. I was able to download this book for free making a really great deal.

Amber says

Excellent for beginners and more experienced practitioners

I found the essential oils and aromatherapy box set to be very helpful. In the first book you get a very detailed explanation of the most common base, carrier, and essential oils. You learn what the oils should look, feel, and smell like. The author also explains how they were derived and what each oil is used for. As you get into the book the author provides you with recipes for a variety of uses from colds to beauty to house cleaning. On the kindle I did have a problem seeing the recipes holding it upright but turning it sideways the columns became readable and made more sense.

I like that the author has added sections for essential oils to keep in your medicine cabinet and for travel and warns you of the shelf life of essential oils and why with some it's better to not buy a large bottle.

There is also a book with beauty recipes. It includes chapters on how to determine your hair and skin type to assure you are using the proper ingredients for your skin. The recipes include anti aging lotion, lip glosses, dry and oily hair help, recipes for mommy and baby, and so much more.

This box set also includes essential oils in layman's terms. Which is nice , quick, but easy to understand overview of essential oils and their uses.

This is a must have for anyone interested in or already using essential oils. I would really like to have these in paper back for quick reference.

Disclaimer - I was given this book for free in exchange for my honest review. The price has no bearing on my opinions.
