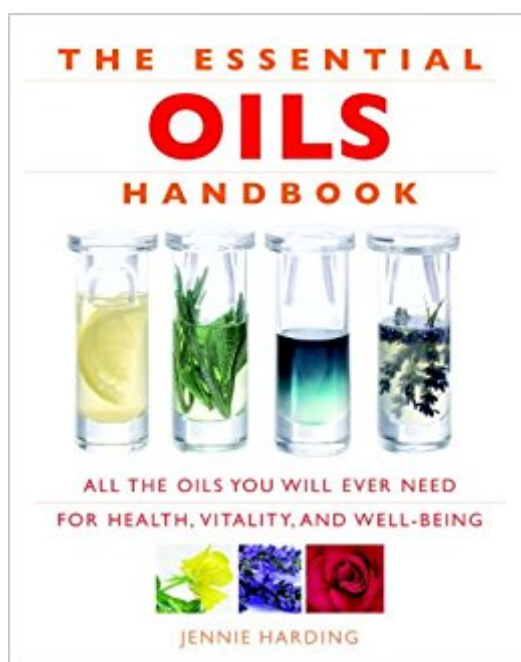


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# The Essential Oils Handbook: All The Oils You Will Ever Need For Health, Vitality And Well-Being



## Synopsis

Whether it's rosemary oil for sore muscles or ylang-ylang to calm the mind, aromatic oils play a major role in today's holistic approach to health. They're used in massage, in aromatherapy, and to create a positive ambience at home and at work. This attractive new addition to the Essential Handbook series is both a reference and a guide to these oils and their life-enhancing properties. The main attraction is a directory of 100 oils, complete with a discussion of the benefits of each for body, mind, and spirit, and suggestions on how it can be used. Gorgeous photographs showcase the plants that yield each oil, and an introductory section describes their traditional applications in different cultures around the world.

## Book Information

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## Customer Reviews

Jennie Harding BA, TIDHA, MIPTI, HNC has over 17 years' experience as a specialist and healer working with essential oils, and was Senior Essential Oil tutor at the Tisserand Institute in London for 13 years. She has written books on subjects ranging from aromatherapy, herbs and incense to stress management and natural beauty. Among these is *Aromatherapy Massage for You* (DBP).

I'm so glad I added this book to my essential oils library. When I read that it was recommended by Robert Tisserand, I knew it would be a good one. Be aware that it is small in size....but really packed with information. As you can see in my photo, it is the size of my hand, but it's about an inch thick, so chunky. :)The author starts off with some basic information: what are essential oils; what

oils can do; how are they produced; some good safety information; safety for pregnancy, babies, and children; some scientific information about how oils work in the body, and how to blend. She discusses carrier oils; how to make a mousse; how to give a massage; how to use oils in the bath, in inhalers, and in a compress. She then discusses 88 different essential oils. Each one has info how they can support the spirit, how they can ease the mind, and on how they can heal the body. Safety info on each oil. Then she includes 2 recipes to use each oil. (Each recipe includes only oils she discusses in the book...so you actually get more than 2 recipes that use each oil....they just may be on another page with a different oil....but can be located in the index). She uses low, safe dilutions. The oils are categorized by "Muscle Treats", "Skin Enhancers", "Easy Breathers", "Warming Stimulants", "Immune Boosters", "Hormone Harmonizers", "Nerve Relievers", "Digestive Soothers", and "Uplifting Aromas". So you can look up specific oils in the index, or you can just go to the section you need help with and browse the oils in that area. I might not recommend it for your very first book (I might recommend *The Complete Aromatherapy and Essential Oils Handbook for Everyday Wellness* by Purchon and Cantele for a first book), but I am very glad to have this on my bookshelf. This is a real review. I didn't get anything for it. I just really liked the book. :)

Small size, very well-organized. Arranged in short sections for easier reading and reference. Great starter book about essential oils and how to use them. I already owned a copy. Bought an extra and gave the book with an inhaler and some oils to help someone I know with night-time congestion from rhinitis. I gave it 4 stars because I know the author is being overly cautious when stating that one can NEVER take any essential oil orally. That is just not true, at least it is not true of all oils. Good quality oils can actually be certified safe for consumption. But, I respect the author's decision (and perhaps good sense) to avoid giving advice about using oils in this way. Too much of a good thing can be dangerous, and there are cautions to using at least some oils orally, or any of them in excess. But, the book is a great quick guide to very many oils which are grouped in categories by their use (soothing skin problems, relaxation, specific maladies, etc.) which makes treating yourself with oils for a particular problem quick and easy using this guide. The first part of the book explains how oils work. Safety in utilizing essential oils is a main focus, which should reassure those who are skeptical (like I was). The different methods to utilize/apply oils is also explained well, such as how many drops to use in the bathtub for aromatherapy, how to make a skin lotion to use for applying oils, how to select and use carrier oils, how to select essential oils we will like and use, which oils blend well, etc. I think this guide is worth every penny of its small cost. I do already own another book about oils, but this little guide contains much that the other lacks, so I refer to it often.

I had this book on my wish list for a long time and finally purchased it. However, I'm really disappointed in this little book because it's so small it's difficult to read. Additionally, the oils are not organized alphabetically, but rather by function under headings such as "Easy Breathers" and "Warming Stimulants."

I was excited initially to find this essential oils book in pocket size - but I ended up returning it due to a few things. I found it difficult to find the particular oils I was searching for. Some oils I could not find in this book, and my biggest issue with this book is that it is very hard to open the book and read it, as the print is right up in the binding - and you basically have to really pull it apart to get to see it - this would have been a million times better if it had a spiral binding and could be layed open. I am searching for a mini essential oils book with a spiral binding that is Not affiliated with any particular company (like Young Living, etc.) but am finding it near impossible to locate. If you don't mind the style, then this book might very well serve your purposes.

Received today and I'm already impressed. This little book is amazing! I have another more thorough essential oils guidebook which is great, but this one will certainly be handy as a quick reference. The oils are grouped according to usage which will be very helpful. The book is full of beautiful color photos. My only complaint is the size but I will not consider that in my rating because I knew it was going to be tiny from reading other reviews. Worth every penny, just wish it was a little bit larger.

Super book packed with great information, ideas and recipes! It is literally a little book (4"x5.5") with over 280 pages of essential oils, carriers and blends. I hope the binding holds up to all my perusing!

Love this book and can take it anywhere. It is so informative, great pictures and recipes and love that it states areas of caution. I highly recommend this to anyone interested in essential oils.

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