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Use This For That!: Your Easy Essential Oil Guidebook



Synopsis

Are you interested in essential oils, but don't know where to start? Are you confused about which essential oils to use for what? Be confused no more! This book is for you! This is an easy-to-use guide to get the most out of your essential oils. Essential oils hold great wellness benefits. Kathy Heshelaw makes it easy for beginners or dabblers in aromatherapy to walk away with a good understanding of how to USE THIS FOR THAT. You'll get great info, recipes, applications and tips to keep you and your family well. Pick up this book today.

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Customer Reviews

I found this book very helpful in breaking down which specific essential oils go with what's ailing you. It's fascinating to me to be able to treat so many things naturally with essential oils. I have learned so many interesting things from each of Kathy's books. I can't say enough good things about the work she does to help others.

This is excellent material about essential oils! I really enjoyed reading it and found it to be very enlightening! There are so many tips on how to use different essential oils! It contains fascinating information like recipes for different ailments, descriptions about different types of headaches, a dosage requirement chart and a dilution chart. There is also a section providing detailed insight about 13 different essential oils. I surely learned some new things by reading this book! For example, I had never heard of Baobab oil! There are also oils that you can use for oil pulling! A person who is interested in using oils but doesn't know how should definitely read this book! But an experienced oil user can also get some information on additional blends. You will

definitely get quick pointers on how to make a blend for this or that!

Incredible Resource! Kathy has done a great job in putting together a very comprehensive and easy to use and understand guide for those who are totally unexperienced with essential oils to those that are experts and everyday user's. Awesome guide for everyone interested in holistic health. I grabbed a copy right away!

I love essential oils! and I love Ms. Heshelow's books. It's short and always packed with information and detailed instructions on using the oils effectively. Now I have my companion that I can refer too anytime and everytime. Every household should have this!

After seeing some aromatherapy tips on Pinterest I wanted to learn more about specific essential oils, their uses, and the best/safest way to use the oils. This book covered all the bases a beginner could want. I like how the author covers the uses of a smaller set of basic essential oils in one chapter but later cross-references by listing use and all the oils that would fall under that use. I can either look up the name of the particular oil I have and see what I can use it for, or I can look up headache, for example, and see if I have any of the listed oils in stock. In addition to the information in the book, the author references podcasts she's done on certain topics to help explain better to those who are auditory learners. I'm already excited to try out one of her suggestions for peppermint oil after being bitten by a mosquito earlier.

I'm very new at using essential oils, so this book is really coming in handy. The author clearly teaches about the benefits of essential oils, how to best use them and what ailments they can help alleviate. This book is a great reference guide to refer to again and again. I look forward to incorporating her tips into my daily life.

Great book for beginners which I am. And probably everyone else I have only read some of it but like very much... I will update.but recommend this book .. I don't know why most of the books you purchased on don't come up to read in kindle though, like I have to purchase again in kindle version, not good... so I give the book a 5 star but not kindle, I didn't renew my kindle upgrade because of this, pay for book and pay to view also? I don't think so.

This book is so helpful! Not only does it provide information on the many uses of essential oils but

gives you vital safety information as well. The cautions tell me this author knows about oils and cares about her readers as not every oil is right for every person (kids, elderly, pets). This book will be my go-to from here on out!!

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