



# Essential Oils for Beginners: The Complete Guide to Getting Started with Essential Oils and Aromatherapy

*Julia Grady*

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Essential Oils for Beginners: The Complete Guide to Getting Started with Essential Oils and Aromatherapy  
If you're interested in learning about essential oils and aromatherapy, then this is the book you need.

Essential Oils for Beginners is a comprehensive guide to understanding and using essential oils. Using essential oils is a safe, natural, and proven way of improving your health, managing stress, and increasing your overall well-being. Essential oils have been used for thousands of years and have been shown to be beneficial for a variety of purposes. These all-natural oils are an excellent alternative and complementary approach to improving health, and when used properly, have very few side effects. As people rediscover the many benefits that can be obtained from using essential oils, they will continue to increase in use and popularity. This comprehensive reference includes an A-to-Z guide featuring over 100 oils along with their benefits, characteristics, and traditional uses. Included in this book: \*History of essential oils \*Benefits and uses of essential oils \*Safety tips and precautions \*Buying and storing essential oils \*Carrier oils \*Extraction methods for essential oils \*Application methods for essential oils \*Tools and techniques for blending essential oils \*A-to-Z desk reference guide of over 100 essential oils \*Characteristics, properties, uses, and suggested blends \*Essential oil recipes for emotions and moods \*Essential oil recipes for skin and body care \*Essential oil recipes for home and yard \*Essential oil recipes for pets Get your copy of *Essential Oils for Beginners: The Complete Guide to Getting Started with Essential Oils and Aromatherapy* and discover the many benefits that aromatherapy and essential oils have in store for you and your family. Keyword Tags: Essential Oils, Essential Oils for Beginners, Guide to Essential Oils, Essential Oils Desk Reference, Essential Oils Chart, Aromatherapy, Natural Remedies, Herbal Remedies, Alternative Therapies, Complementary Therapies, Carrier Oils; Essential Oils Recipes; Essential Oils Books

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