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# Essential Oil Basics: The Complete Pocket Guide To Safe & Effective Essential Oil Use



## Synopsis

Excited or simply curious about essential oils? Overwhelmed by all the information available and simply want to get the facts straight? This short read is packed with clear concise details on just what you need to know. In 60-90 minutes you will get a complete unbiased picture of essential oils and how to use them well. There is no other guide quite like it. In this NEW edition you get:

- Confidence to use essential oils in everyday life
- How to properly dose and dilute essential oils for adults, children, and tender people
- Lists of safe essential oils for pregnancy and ingestion
- What to look for in quality essential oils and how they are tested
- What certified, pure, therapeutic grade, wildcrafted, and organic mean
- Many uses of essential oils: therapeutic, cooking, green cleaning
- How to address stress, anxiety, emotional balance, bug bites, digestive disturbances
- 5 DIY recipe blends and instructions on how to use them for common family complaints

Essential Oil Basics is written by a practicing registered aromatherapist who is certified, holds a Master Aromatherapist Diploma, has taken Advanced Clinical Aromatherapy courses in France, and who actively pursues continuing education in association with other aromatherapy professionals. Get it now and quickly be on your way to more enlightened good health.

## Book Information

File Size: 287 KB

Print Length: 64 pages

Simultaneous Device Usage: Unlimited

Publisher: Self; 2 edition (September 6, 2016)

Publication Date: September 6, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LGEBJ4O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #11,332 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #3 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home

Improvements > Green Housecleaning #3 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting

## Customer Reviews

Essential Oil Basics: The Complete Pocket Guide to Safe & Effective Essential Oil Use is a book full of useful information to add to any growing Aromatherapy based library. While not my go to book on Essential Oil safety, I do appreciate Jennifer Eden Clark's attempt to answer many of the most frequently asked questions in regards to Essential Oils. I especially love that she includes ideas for total body health modifications that contribute to whole body wellness and balance. Her information regarding how essential oils work, what they are, how they are used, and their dilution is clear cut and spot on. I applaud her bravery in addressing ingestion, although I personally err on the side of caution concerning that area. Her chapters on quality, testing information, and recommendations on how to purchase pure and potent oils is information rarely found in such a concise manner. In general, I thought this book very informative, I do however wish it were laid out a bit differently, especially as the warnings and safety precautions needed for very new/uninformed essential oil users is placed at the end of the book, rather than before the "Practical Applications" section. That being said, I recommend the book be read in its entirety before use of said "Practical Applications" and if need be for users to use extra caution if they are unsure of any safety issues.

I loved this book. It is very clear, unbiased, informative and well organized. Although I have read and studied a little about essential oils the last year or two, I learned so much from reading this book without being overwhelmed with too much information. I loved that it had pros and cons of various uses of essential oils, and it also gave clear information in what to look for in purchasing oils. That was so helpful especially since I have heard conflicting information in the past (such as safety regarding ingesting essential oils, or uses for pregnant women). I highly recommend this book for anyone wanting to learn more about using essential oils.

In the confusing world of essential oils, this book is EXTREMELY helpful in cutting through fact and fiction. Jennifer has a great background and has made essential oil use her practice and walk, and is very generous in sharing her insights. I especially appreciated the sections toward the end of the book that tackled different grades of oils and what it all means, debunking myths & misconceptions, as well as the different oil lists. I had a copy of her first edition that I let a friend borrow and often have regretted not having it back as a reference. So glad to have it again! - KC

Such an amazing book! Very detailed, quick, informative read! Loved the pros and cons section! I highly recommend it to anyone using or just starting to use essential oils! It has tons of useful information on everything you need to know from bug bites, nasal congestion, head and neck tension! Even recipes & facts about oil testing! Very well organized, and I learned a lot in just the little bit of time it took me to read it! Love that it's informative but not overwhelming! Great book & great read! I know I'll keep going back to it when I need to know something!!

Essential Oil Basics is the perfect guide for professionals and non-professionals who want to understand essential oils. It covers the who, what, when, where, why and how of essential oils. It is easy to read and easy to reference. This is a must-have for anyone interested in essential oils. Jennifer Clark's expertise has been invaluable as I have introduced essential oils into my chiropractic practice. Essential oils have enhanced my treatments in many ways. Patients love it.

This book has so many answers to questions that I had about essential oils! I love that it talks about diluting oils safely and how different oils can be used. The layout is very organized and it's easy to find whatever you might have a question about. There's even some recipes that use essential oils! How awesome is that?! I love that the author spent so much time gathering information and putting it together for users like myself. This book is great for someone that's new to essential oils or a long time user. There really is so much information out there about oils but this book is the best that I have seen with putting it together in a short and sweet way. It's easy to understand and doesn't take long at all to read! I recommend it to absolutely everyone!

This is truly a great little guide that achieves the purpose in the subtitle--it clearly presents helpful information about how to use essential oils safely and effectively. As a beginner, I found it to be an informative, succinct guide that answers common questions while going into detail when necessary to be more helpful or provide a critical safety explanation. Jennifer is clearly passionate and knowledgeable about this subject and it is reflected in this work! I look forward to having this handy to figure out the best approach to different health issues and how to benefit from specific oils/blends. It's also cool to learn about the quality/purity of the oils as I think many people likely overlook that important aspect. In addition to that, I like that it addresses some of the associated myths with essential oil use. Highly recommend!

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