



Essentials of the Earth: An Encyclopedia of Oils, Blends and Applications

By Rex James, Robert James

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Essentials of the Earth - 6th Edition, October 2016, is a concise, user-friendly guide to essential oils, with all the latest updates in its 282 pages. It's portable size and coil binding make it easy to take just about anywhere and it lays flat when you are reading from its pages. Essentials of the Earth features a unique and wonderful "A to Z Guide" that catalogs scores of common health concerns and reviews how single oils, oil blends, oil-based products and supplements, can be applied to help address the issues at hand. Helpful usage charts round out this ready reference. The encyclopedia includes information on essential oils and their prevalence in history, oils as an alternative to modern medicine, and methods for identifying essential oils for specific health concerns. This manual also addresses safety, science, and synergies of essential oils. Also included are Reflexology charts of the feet, hands, and ear. The Massage Blend Technique chart gives a clinical approach to essential oil application. The Quick Reference for "How Many Drops Are . . . ?" provides guidance on how many drops are in different size containers, bottles, capsules, and in a teaspoon. You will love this comprehensive and focused guide to using essential oils!

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- Sales Rank: #23136 in Books
- Published on: 2016
- Number of items: 1
- Binding: Paperback
- 96 pages

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Phyllis Walters:

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