

Essential Oils Pocket Reference 6th Edition

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this book describes essential oils and gives their therapeutic use

black and white edition

full color edition

the essential oil pocket reference is a condensed yet comprehensive guide designed for those who want essential oil knowledge at their fingertips distilled from the enriched essential oil reference guide legacy edition this portable version provides quick access to key insights from d gary young s 30 year journey with essential oils along with contributions from specialized experts perfect for both beginners and seasoned oilers this pocket sized companion delivers essential wisdom on application benefits and holistic wellness making it an indispensable tool for your essential oil journey whether at home or on the go the essential oil pocket reference ensures that trusted information is always within reach

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this book will provide a comprehensive reference guide listing the ten most useful and readily available essential oils the methods to use them their applications in healing the properties of each oil and the carrier oils which combine with them to promote health ease the mind clean the home care for pets protect against pets and reduce the chemical imprint on the planet page 4 of cover

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natural healing vannoy gentles fite the aim of this guide is to provide a quick reference to the most common essential oils giving its readers better access to information on the move

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