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The Essential Life - 3rd Edition



Synopsis

The Essential Life Book THIRD Edition Welcome to the 3rd Edition of The Essential Life! Based on the latest essential oil research, enjoy an extensively updated A-to-Z section now including the latest additions of singles and blends you love. With a large increase in cohesiveness throughout all the sections, the book offers updated recommendations and an expanded index, making it more comprehensive for your use than ever before. This book will give both the novice oil user and the oil expert insight into using essential oils, not only to address health concerns, but also for everyday use in the home through cooking, cleaning, blending, gardening, pets & much more. This book will also be useful in helping you understand how to use the oils through your pregnancy, with your baby, and on as your baby grows into childhood. Designed to be incorporated into all aspects of your life, you'll see topics such as: First Aid Body Systems Recipes Oils Blending Pets Gardening Supplementary Products The book's quick reference guide is a very easy-to-use way to know which oils you can use for more than 600 health concerns. From athlete to parent, this book is a must have.

Book Information

Hardcover

Publisher: LLC Total Wellness Publishing; 3rd edition (2017)

Language: English

ISBN-10: 1513618261

ISBN-13: 978-1513618265

Package Dimensions: 11.3 x 8.7 x 1.3 inches

Shipping Weight: 3.7 pounds

Average Customer Review: 4.8 out of 5 stars 114 customer reviews

Best Sellers Rank: #2,862 in Books (See Top 100 in Books) #60 in [Books > Health, Fitness & Dieting](#) > [Alternative Medicine](#)

Customer Reviews

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THIS BOOK IS A GREAT ADDITION TO MY ESSENTIAL OIL EDUCATION, as a massage therapist, I use it daily to come up with healing combination to help my clients enjoy wonderful relief from their stresses and injuries... a highly recommended asset to anyone looking to heal their body in a more natural way thru essential oils... JRiley, Wyoming

I love this book. It describes each oil, what they are used for and how to apply them. It also has some good recipes. Best oil book I've had so far.

Essential oils bible! Everyone should have this book! Any question I have this book has the answers!!

Amazing book!

Great informative book. It has a section discussing single oils and a quick reference of ailments. It also tells you how/what to blend. Very easy to read.

I love the layout of this book! It is a great resource when learning about essential oils.

I refer to this book daily and have learned so much about the healing properties of EOs.

Love this book! There is so much to learn about in this book. If you are new to the "oily" world, this is definitely the book for you.

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