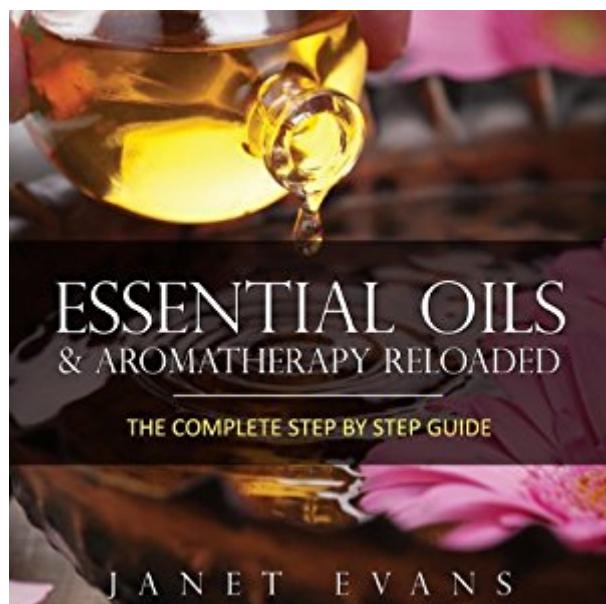


The book was found

Essential Oils & Aromatherapy Reloaded: The Complete Step By Step Guide



Synopsis

Essential oils are a natural and effective way to look beautiful and claim your perfect health! Do you want to find out how to create a healthier lifestyle for yourself and your family by using essential oils? Essential Oils & Aromatherapy Reloaded: The Complete Step by Step Guide is an audiobook containing practical and easy-to-understand form, detailing every conceivable use for essential oils and aromatherapy in everyday life. Listen to it today!

Book Information

Audible Audio Edition

Listening Length: 1 hour and 36 minutes

Program Type: Audiobook

Version: Unabridged

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Whispersync for Voice: Ready

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Customer Reviews

6 months ago this ebook and a bunch of others about aromatherapy were free so I downloaded them all. I was starting my Certification and was curious what info (or gaps) were out there. This is a gem that stands above the rest. This ebook has some great recipes, practical methods and relevant safety tips that will be useful to a beginner. If needed, alternate oils you might have available are listed for substitutions. It is not affiliated with any brand, so you are getting pure, unadulterated facts. I think it's a good primer to get your feet wet about synergies and blending without investing in a \$15, \$20 or \$90 Essential Oil text book. There are 10 EO profiles, and many carrier oils are described. The usage safety is on point with the authorities in the field. The original 99 cent asking price is worth it. I took off a star because the formatting is poor no matter what device I put it on.

This is a review for Essential Oils & Aromatherapy Reloaded: The Complete Step by Step Guide. The first thing I noticed about this book is the fact that it has a table of contents that is

clickable. I like to mention that because I have seen too many Kindle books that do not and that can be really annoying. There is a short history and therapeutic effects of essential oils in the front of the book. I found the short section on carrier or base oils to be of value as most essential oil books tend to skip over them. There is a longer section on the essential oils that is full of wonderful information. However, it is very difficult to read because of all the differences in font sizes. I am very confused by that. At first I thought it was based on the importance of a particular statement but it appears to be random. I would think that would be a fairly simple thing to fix or something that would be noticed and adjusted during editing. Overall this book has a wealth of valuable information if you have any interest in essential oils. However, the issue with the font size makes some areas almost impossible to read.

I'm a regular user of essential oils and happy to have added this book to my eo collection. Beginner or connoisseur, this is a handy dandy read that contains great recipes, how-to instructions, and highly informative. Its not the essential oil bible but will help one find their way through essential basics. Besides, I think [offers this one up for free](#). Win-win.

There is a lot of information in this book that is valuable, but most of it is sorted by the oil, not the illness. At the end there are a few things mentioned and what oils will help them, but if you have an illness, you will need to sort through the whole book to get your answers and you might miss something. Overall the information is there, so I give it the 4 STARS, and I didn't give it less stars due to the annoying large font that was used for part of the book since it did not make it impossible to read.

Great read! Very informational.

The book has some great information in it but It is a very short book. The recipe section could have been explained and expanded. I would not have bought the book if I had known it was a short read.

Well written and a great download for easy reference!

Pretty good resource. Detailed recipes, effectiveness, uses, and safety concerns for tons of oils. Oregano isn't in there at all which I think is strange even just to warn against its use if that's their position

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