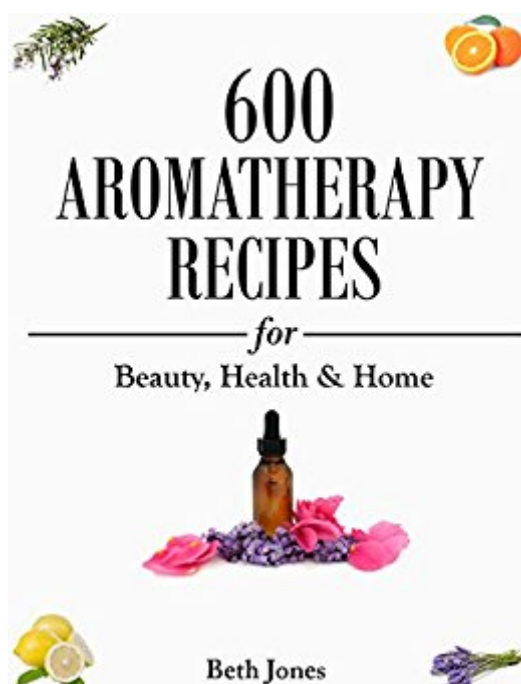


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# Aromatherapy: 600 Aromatherapy Recipes For Beauty, Health & Home - Plus Advice & Tips On How To Use Essential Oils



## Synopsis

Aromatherapy & essential oils are used by thousands of people around the world, and have been for many centuries in one form or another. This is due to their ability to promote a healthy body and serene mind by aiming to restore balance both physically and psychologically. This book opens up the world of aromatherapy by providing lots of information and practical advice on how to maximize the use of essential oils. 600 Aromatherapy Recipes will teach you how to create your own blends in the comfort of your home, advise you what steps to undertake when buying essential oils, and also how to store them properly. 42 oils are explained in detail, outlining their benefits, advantages, properties, and what other oils they blend well with. Carrier oils are also explained, along with some very important safety guidelines that must always be adhered to. Living a greener, healthier, more natural lifestyle is easily achievable with aromatherapy and essential oils. 600 Aromatherapy Recipes shows you the potential power of essential oils and how they can achieve results that are nothing short of amazing.

## Book Information

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Aromatherapy

## Customer Reviews

Purchased 600 Aromatherapy Recipes hoping to find some really good recipes for common ailments, household and beauty uses but this book is somewhat disappointing. At least half of the book goes over very basic essential oil topics, which is good if you are a total novice but not something I expected in a recipe book, especially since the information is extremely basic and is what you could obtain from the Internet for free within just a few minutes. The recipes are ok, but it certainly doesn't seem like there are '600' of them. What the book does is list an ailment, typical essential oils used for that ailment, then a few options, or 'recipes'. That's it. It doesn't go into details as to be application method, suggested dosage and duration, application tools (diffuse, rollerball, rub, etc), and this is where the book lacks substance, in my opinion. I gave this a 3-star review because it does have recipes, describes basics of essential oils, offers a few variations of each recipe, and the recipes do actually work - at least the ones I've tried. I just wish there were more recipes with detailed usage instructions. This is an ok book to have in your library, it just isn't as robust as I thought it was going to be.

I've purchased quite a few essential oil books. This one stands out for me. I reference it all the time.~Unbiased: I like the fact that this book does not have any preference to an oil brand (no bias).~Blends: The recipes are fairly simple and the author provides different blends to choose from. Although she doesn't mention why one blend would be used over another. I deduced the difference in blends myself as being: preference in an oil, oils you actually own, some oils may work better for you than others, oils that stimulate vs. relax i.e. daytime vs. nighttime use. I don't always have the oils for a certain blend, so I'll figure out substitutes from other blends listed. Sometimes guessing on amounts though.~Calculations: Get your math on, because calculating dilutions involves math. She does give some help with that, but I definitely needed more. For example I wanted to use Neroli in a face blend, but I purchased a pre-diluted 10% one to save money on this very expensive oil. Adding the correct amount into a blend that calls for straight Neroli was tricky to calculate.~Carrier oils: The description of carrier oils is very information and useful. I've tried a few out and there really is a difference depending on what you are using them for.~Impressive face blendsI'm VERY impressed with the Aging/Mature skin blends. You do have to use it daily for at least a month to see the difference. My face started looking way better - tone for one, really evened out. I look like I have an even tan, but without the darkening of the skin. Wow, wrinkles have gone way down. I couldn't believe the difference on my forehead, I kept looking in the mirror, wondering if I was seeing myself right - LOL. Around my eyes also was improved. I don't think the cosmetics companies want you

know about this stuff. It is oily to put on, I use it at night, but it smells incredible (especially neroli which is orange blossom). I also use avocado oil (great smell) and rosehip oil is a winner, since it's the natural version of retinol. The other oil that works well (and fast) is lemon for sunspots - you see a difference within a few uses. Tea Tree of course is great and diluted 50% is the best treatment ever for acne. They shrink and diminish overnight and then lavender helps heal the skin back to normal. Many times they don't even come to a head. Another one the cosmetics company would not want you to know about. I've also used a headache blend, the female symptoms blends and love them. I honestly wasn't sure if these essential oils were just a 'sugar pill', but now I know how effective they are, many smell wonderful (not a fake chemical fragrance) and they have powerful effects of healing, relaxing or stimulating or balancing depending on the blend. Just a tip: I recommend purchasing from an online site that gives information on origin, distillation process and organic. Sometimes I'll test smell them at a local store, but I only purchase from companies that provide the sourcing and processing information about them.

Finally a book that showed me not only how to prepare scrubs, oils, spritz etc., but a book that broke down carrier oils as well as essential oils. This is a must have for anyone for anyone that uses only all natural products or is looking to start. Thank you Beth for putting so much into this book!

Easy to read. Lots of useful information. I will be referring to it in the future as I prepare some of the recipes.

I read this before I got my oils. I thought it was great. Lots of good recipes. However trying to find a recipe for something specific is absolutely maddening. This book would be worth ten stars with an index.

Awesome easy to follow recipes. Very informative. Could use to expand or update on known warnings with some cautionary herb oils. A Must Have for beginners, with a little additional research as a precaution on oils that are cautioned about you'll do great. I've found most all ingredients and supplies for reasonable prices on-line at eBay, , and some on-line vendors. Nearest herb shops are 50 miles away and on-line prices are better without the waste of time and cost to commute. My orders are rolling in, can't wait to get started making personal products for self, and gifts for friends and family.

Lot's of great ideas. I have used a few of these ideas in the past. But this gives me so many more ideas. I am happy to learn so many more recipes.

A lot of recipes, most seem to be the same with a little variation. Not too happy, just adding to the list of books I wish I didn't purchase.

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