

# ESSENTIAL FAMILIES

## Quick Reference Guide for your Everyday Oils



### LEMON

- May help support the immune system
- May help energize/stimulate the mind and body
- Can be used in your skin care recipes
- Helps clean, degrease and disinfect surfaces
- May act as an appetite suppressant



### FRANKINCENSE

- Can be used in your skin care recipes
- May help reduce the appearance of aging
- Helps alleviate occasional nervous irritability
- May help support the immune system
- Diffuse to enjoy a comforting aroma



### RC

- Apply to the chest, back &/or throat area to support a healthy respiratory system during times of irritation
- Add to a hot compress and place on chest for added support
- Diffuse overnight to combat snoring and promote a restful sleep



### PANAWAY

- May help with muscle pain after exercise
- May help alleviate minor aches and pains
- May soothe sore joints
- May soothe tension related neck and head pain



### LAVENDER

- May give you a more peaceful night's sleep
- Use in your favorite skin care recipes
- May soothe minor skin irritations
- Enhances relaxation
- May minimize seasonal discomforts
- Deodorize closets and drawers
- May help in minimizing scar tissue or wrinkles



### PURIFICATION

- May be used to cleanse and soothe skin
- Helps purify the air from odors
- May help relieve bug bites
- May be used as insect repellent
- May help minimize seasonal discomforts
- Deodorize closets and drawers
- May minimize ear pain



### THIEVES

- Best choice for fighting germs
- Helps clean and disinfect surfaces
- May support healthy immune function
- Diffuse to help purify the air
- May help minimize teeth or gum pain



### COPAIBA

- Promotes wellness
- Apply topically as part of a daily health regimen
- Mix with honey and warm water to create a post workout tea
- Helps support the muscular and nervous systems



### PEPPERMINT

- May help with alertness
- May help soothe tummy troubles
- May help open up a stuffy nose
- May help relieve tension related aches and pains
- May help support healthy lung function
- Also used to flavor teas and recipes



### DIGIZE

- Take this one with you when traveling, especially abroad, to support a healthy digestive system
- Soothe tummy troubles of all kinds by diluting with a carrier oil and massaging on your stomach or vitalflex points of the feet

# Essential Oils Reference Guide

**WJ Hussar**



## **Essential Oils Reference Guide:**

*Reference Guide for Essential Oils* Connie Higley, Alan Higley, 2013      *The Ten Best Essential Oils* Kate Richardson, 2013-10-24 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      **Essential Oils Guide Book** Olivia Banks, 2018-09-12 Looking for books on essential oils and aromatherapy You've come to the right place Essential Oils Guide Book contains everything a new or seasoned oils enthusiast would want to know You'll explore the MANY benefits of aromatherapy and essential oils from home remedies to picking your first starter kit of oils it's all here Here's a quick preview of what's inside What Exactly are Essential Oils History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work Are Essential Oils Safe How to Use Essential Oils How to Treat Certain Ailments and Conditions Such as Stress Anxiety Allergies Headache Sleep and even Weight Loss with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More What are you waiting for Scroll up and click the Buy Now button to enter the exciting world of aromatherapy and essential oils      *Quick Reference Guide for Using Essential Oils* Connie Higley, Alan Higley, 2016 Designed as a pocket guide for convenience this book contains information on how pure essential oils are commonly used and applied for hundreds of different health conditions This book is part of a larger reference guide entitled Reference guide for essential oils by the same authors It contains much more detailed information about all the essential oils and other products described herein as well as a section on the Science and Application of pure essential oils Page four of cover      *Essential Oils: a Reference Guide* Marcella Long, 2016-07-19 A Reference Guide of Essential Oils will become your go to quick reference guide Essential oils are a natural way to improve your health and they have been used for centuries for medicinal and cosmetic purposes Included in this book are sections on Essential Oil Basics Essential Oil Precautions Methods of Use Diluting and Blending Essential Oils By Category Essential Oils By Notes Essential Oils By Properties Carrier Oils By Properties Essential Oils By Uses Carrier Oils By Uses Application Areas Essential Oils With INCI Names Carrier Oils With INCI Names Carrier Oil Usage Chart Making Infusions Tinctures and More Over 100 Essential Oil Profiles Over 40 Carrier Oil Profiles Over 40 Cleaning Recipes Over 120 Diffuser Recipes Over 75 Healing Blends      **Essential Oils the At-A-Glance Quick Reference**, 2021-06 A quick reference guide to using the top essential oils of Young Living This is a smaller perfect bound book      *A Complete Essential Oils Reference Guide* Nancy Connor, 2019-12-18 This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for

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## **Table of Contents Essential Oils Reference Guide**

1. Understanding the eBook Essential Oils Reference Guide
  - The Rise of Digital Reading Essential Oils Reference Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Essential Oils Reference Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Essential Oils Reference Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Essential Oils Reference Guide
  - Personalized Recommendations
  - Essential Oils Reference Guide User Reviews and Ratings
  - Essential Oils Reference Guide and Bestseller Lists
5. Accessing Essential Oils Reference Guide Free and Paid eBooks
  - Essential Oils Reference Guide Public Domain eBooks
  - Essential Oils Reference Guide eBook Subscription Services
  - Essential Oils Reference Guide Budget-Friendly Options
6. Navigating Essential Oils Reference Guide eBook Formats

- ePub, PDF, MOBI, and More
  - Essential Oils Reference Guide Compatibility with Devices
  - Essential Oils Reference Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Essential Oils Reference Guide
    - Highlighting and Note-Taking Essential Oils Reference Guide
    - Interactive Elements Essential Oils Reference Guide
  8. Staying Engaged with Essential Oils Reference Guide
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Essential Oils Reference Guide
  9. Balancing eBooks and Physical Books Essential Oils Reference Guide
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Essential Oils Reference Guide
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Essential Oils Reference Guide
    - Setting Reading Goals Essential Oils Reference Guide
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Essential Oils Reference Guide
    - Fact-Checking eBook Content of Essential Oils Reference Guide
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
  14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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