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607 essential oil uses: For Health and Healing, For Beauty, For Pets, For House, For Outside and for Food.

Samatha K. Ray

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607 essential oil uses: For Health and Healing, For Beauty, For Pets, For House, For Outside and for Food. Samatha K. Ray
The benefits of essential oils have been around for centuries. Nearly every culture is familiar with the miraculous properties of these incredible plant derived oils. Wise advice on which oils to purchase and why, as well as their many uses for a multitude of purposes are outlined in this useful guide. Everything you have ever wanted to know about these wonderfully useful oils are explained in detail, including the history of their use, how they are produced, and the most beneficial ways to use them for maximum results. Including 80 different uses for Tea Tree Oil alone! Who would have known that this commonly used essential oil could be useful for a myriad of benefits for health and healing, such as acne, arthritis, bladder infections, canker sores, chicken pox, cold sores, hives, dandruff, and eczema! Just to name a few! Included in the book are practical uses for Lemon, Peppermint, Eucalyptus, Clove, Cinnamon, Grapefruit, and Turmeric Oil, as well as many others. The benefits of oils for your health and wellness, anti-aging and beauty benefits, as well as for your pets and home are explained in detail with helpful tips and tricks. Each chapter is concise and to the point, and proves to be an incredibly helpful read for anyone looking to use natural oils to improve their quality of life. Each chapter provides knowledge and insight into the healing power of plan based oils and encourages the switch to natural herbal remedies as a means of warding off colds, strengthening the immune system, fighting existing health conditions, and improving aches and pains. The author includes instructions for the topical use of specific essential oils for skin conditions such as Acne, Rosacea, Excema, Psoriasis and dry skin. Improving your pets health, and tricks for keeping pests away are also summarized in this useful book. Essential Oils can also be effective as cleaning aids and air refreshers. The effects of scent have been proven to decrease stress in the body and promote a feeling of tranquility and wellbeing. Essential oils are well known for their natural aromatherapy properties. What better way to de-stress than to do it the natural way, with naturally proven, time-tested essential oils? Many cultures have known these secrets and have used them for centuries, now Samantha K. Ray brings 607 uses for these magical oils to you in a wonderfully detailed and handy guide.

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