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Its easy-to-use reference guide format makes this book one of the best resources for beginner and seasoned veteran alike. This book is dedicated to D. Gary Young, N.D. as a tribute to his vision of health for all who will embrace the oils and use them to their fullest potential.

## *Reference Guide to Essential Oils: Connie and Alan Higley ...*

Included in The Essential Oils Quick Reference Guide are over 30 pages of printable help, including multiple dilution charts with safety guidelines: Master Dilution Chart. Infant & Toddler Dilution Chart & Guidelines. Child Dilution Chart & Guidelines. Adult Dilution Chart & Guidelines.

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1001.2018–Reference Guide for Essential Oils, by Connie and Alan Higley, 2018 (Softcover, Coil Bound) on Amazon.com. \*FREE\* shipping on qualifying offers. 1001.2018–Reference Guide for Essential Oils, by Connie and Alan Higley, 2018 (Softcover, Coil Bound)

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Comprehensive information about pure, therapeutic quality essential oils in a readily accessible, reference guide format. Designed as a pocket guide for convenience, the Quick Reference Guide for Using Essential Oils contains the last section, "Personal Guide", of the large Reference Guide for Essential Oils plus the Vita Flex Feet Chart and other summary information.

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Frankincense *Boswellia carterii*, *Boswellia frereana*, *Boswellia serrata*, and *Boswellia sacra*. *Geranium Pelargonium graveolens*. *Ginger Zingiber officinale*. *Helichrysum Helichrysum italicum*. *Hemp Cannabis sativa*.  
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## *How to Get Started with Essential Oils - Essential Oils Guide*

by Dr. Karen Reed Ph. D. Tuesday, April 10, 2018. Last Updated: 3rd October 2016.

Essential oils are nature's pure essence. They are concentrated natural oils which are extracted from plants, wood, bark, flowers, roots and seeds. They have powerful antioxidants and have been in use for thousands of years.

## *The Complete Guide to Essential Oils*

Essential oils for inflammation: Acne and skin irritations: tea tree oil, lavender, oregano, bergamot, rosemary, helichrysum. Muscle tension: peppermint, eucalyptus, wintergreen, chamomile, nutmeg, ginger, cayenne, rosemary, black pepper.

## *The Only Essential Oil Guide You'll Ever Need*

Comprehensive information about pure, therapeutic quality essential oils in a readily accessible, reference guide format. The new 2012 Edition is revised and expanded, with more information than ever before, new navigation aids, and research findings from a host of published studies.

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2013: Connie and ...*

You will find an updated list of suggested remedies for common conditions, a larger introductory section, an added supplement dictionary, an expanded oil dictionary, body systems charts, and reflexology charts. This is a handy reference guide to add to your essential oil library.

*Essential Oils Expanded: Your Ultimate Reference Guide to ...*

Essential oils are organic compounds extracted from plants with tremendous healing properties. Using essential oils for healing purposes is often called aromatherapy, which is a holistic treatment seeking to improve physical, mental and emotional health.

*Essential Oils Guide + Best Essential Oils -  
Dr. Axe*

This app will become your go-to reference for personal essential oil use and for sharing your love of essential oils. The app features a personal guide section that details over 700 health topics for which essential oils are commonly used to help support the body's natural ability to heal itself. Additionally, key information on over 100 single oils and more than 90 commercially-available oil blends will help you better understand and use essential oils.

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Within chakra work, clary sage essential oil is said to help balance and support the Sacral and Third Eye Chakras. Clary sage oil blends well with essential oils in the floral, citrus, woody and herbaceous aroma families, particularly lavender, rose, chamomile, bergamot, lime, cedarwood, sandalwood and patchouli.

*List Of Essential Oils And Their Benefits: Handy Reference ...*

This guide is full of about as much information as you need to use Young Living oils. It looks at ailments and how to use the oils to support your system. includes vita flex charts, and information about every oil and oil blend available at Young Living. It is my reference guide for everything and even my family know how to use it.

*Reference Guide for Essential Oils Soft Cover 2013: Connie ...*

Essential Oils for Beauty & Skin Care.  
Essential Oil Safety - E-Book. Lipids, Lipophilic Components and Essential Oils from Plant Sources. 7 Steps to Healing and Wellness - Using Essential Oils, with the Kybalion as a Guide. Quick Reference Guide for Using Essential Oils.

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Essential oils—the volatile aromatic liquids created by plants to help them maintain their own health and vitality—have been used by mankind for thousands of years to help enhance physical, mental, emotional, and spiritual health. Science has only recently begun to unravel h

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