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Ginny Weasley, Orlando Scott
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Ginny Weasley, Orlando Scott : Essential Oils: Essential Oils Summer And Winter Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Essential Oils: Essential Oils Summer And Winter Recipes:

2 of 2 people found the following review helpful. Time for an Oil change...it's Essential.....By MissyI decided to try to find a book to learn about the different uses for essential oils and purchased Essential Oils for Summer and Winter Recipes By Ginny Wesley. This book is great for beginners and it's filled with not only Chinese history, review of

body systems, benefits of the uses of oils and various recipes . It explains how essential oils can benefit physical and mental health. With summer just around the corner and coming out of the winter weather it can be harsh on our skin. She explains what oils are good for what season. This is a very good starter book for anyone interested in oils and I'm very pleased with it. I downloaded it on my kindle so I didn't have to go out to find the book or wait for it to come in the mail. This is my honest opinion and review of this book. 1 of 1 people found the following review helpful. Help For the Essential Oil Newbie, As Well As the Pro! By H. Fuller This is a great book for using essential oils--not just for the recipes, but for an overall reference book, as well. Being an essential oil "newbie," I have been doing research on the internet. And as you know, on the internet, not everything you read is true. It is great to have this book on my kindle, so that I can quickly look up information, no matter where I am. I like that it has an introduction to essential oils, along with the do's and don'ts of using essential oils. I have worried about whether or not I was using them properly, and this book helps with all of that. I didn't really know how to use them properly, and all the other things that go with it, like: "What is a diffuser?" "Is it ok to mix the oils together to change the scent?" "Can oils be ingested (swallowed)?" This book answers ALL of those questions. It also tells me about the benefits of using essential oils, and how using essential oils can help with weight loss!!!! Who knew? I will definitely be trying that out! There are also chapters with recipes in them, for summer and winter, as well as for weight loss and health. Overall, I found this book to be very helpful, and easy to read. It is a welcome addition to my library, and I think I will be referring to it for years to come! Disclaimer: received this product deeply discounted in exchange for my honest and unbiased review... All opinions are that of my own from my use of the product and personal experience. 0 of 0 people found the following review helpful. Great book on essential book By Damita The book is very and awesome. I like the essential oils recipes in the book, they are easy and simple to follow which can be followed by anyone. I have been studying the essential oils and at the end I want to make quality essential oil and several variety so as to sell them to users. The book is well elaborated and with the important details I need. I will use this book for reference and I know it will be of great help. I highly recommend the book to all. Great book

Essential Oils Summer And Winter Recipes Summer and winter can be harsh seasons depending on your lifestyle, at least for your skin. In winter, the weather is cold, dry, and unforgiving. In summer, it can be hot, humid, and very sunny. Most of us love to be out in the sun, sunbathing, and enjoying life. Yet, there are always the worries that our skin can be damaged by the sun. For those who gained the holiday weight and have not lost it during the spring, it is embarrassing to sit on a beach in a bathing suit. You no longer have to feel embarrassed or worry about the different seasons. You have a guide at your fingertips that will teach you how to use essential oils, what not to do with essential oils, and their benefits as relating to your entire body's health, as well as weight loss benefits. Do not worry anymore. Follow the recipes as outlined in the four recipes chapters, where you will discover 40 total recipes. There are ten specific recipes for winter, summer, weight loss, and overall health. You also have an extensive guide to learn how and why you should be using essential oils. Here Is A Preview Of What You'll Learn... Essential Oils were part of Ancient Chinese Medicine The different ways of using essential oils Practical usage for Weight Loss and Health Essential Oils Recipes for Summer, Winter, Weight Loss Health And Much, much more!

About the Author Published By Weight Loss Professor