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Essential Oils (Quick Study Health)



Synopsis

With over 130 essential oils in this handy 6-page, oil-proof guide, beginners or experts can quickly find an oil's therapeutic aspects plus cautions regarding certain oils. Latin botanical and alternate names make finding the right oil easy and comments listed for some oils will give more background – historical or traditional uses, or more on specific cautions. Suggested uses: o Experts – as a handy go-to tool for your workspace, oil-proof by way of lamination o Beginner – learning tool for quick reference and starting point for more research o Personal – shopping guide - know where to start if looking for non-medical therapeutic options for you or a loved one's health benefits

Book Information

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Customer Reviews

I like the smell of oils and some are even healthy to use on your body. This chart tells you which one to use for what ails you. Very nicely done and easy to read.

Nice to have for quick reference for essential oils. plan to use a lot!

comes in handy

Very helpful and concise.

Had to return, type was too small to read and very inconvenient with a magnifying glass.

Good product... good transaction :>

very good info about all the different oils and their uses

Lots of information crammed on this sheet.

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