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Guide on How to  
Use Essential  
Oils Safely  
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edition of the  
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Oils explains*

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*the beauty and power of one of nature's most exquisite gifts. It includes a new opening chapter—"Introduction to Essential Oils"—which explains what essential oils are, what benefits they provide, how to*



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use them, and  
much more.

*Reference Guide  
for Essential  
Oils Soft Cover  
2013: Connie ...  
Applying  
essential oil to  
the skin is one  
of the smartest  
uses for  
essential oils,  
but only if you*

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*do it right.*

*Because these oils are fat soluble, your skin can absorb them and their beneficial properties.*

*However, because they are strong, you should not usually put them on your skin at full strength.*

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*Reference Guide  
for Essential  
Oils, by Connie  
and Alan ...*

*A free reference  
guide for  
essential oils  
and their uses.  
Check it out!  
Essential oils  
are more  
powerful than  
you might think.*

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For Essential Oils

*They're  
wonderful  
natural healers  
- strong and  
effective, but  
with practically  
no side-effects  
and no  
addictions. You  
can use  
aromatherapy  
remedies to  
support your  
health simply by*

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*using essential  
oils for the  
right problem at  
the right time.*

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*brings the  
beauty of one of  
nature's most  
exquisite gifts,  
along with what  
recent  
scientific  
research has  
discovered about  
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in an exciting  
new format!*

**Essential Oil**

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**" KG Stiles**

**book, The**

**Essential Oils**

**Complete**

**Reference Guide:**

**Over 250 Recipes**

**for Natural**

**Wholesome**

**Aromatherapy, is**

**truly an**

**encyclopedia of**

**essential oils,**

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*with information on almost every aspect of these truly remarkable substances. KG writes from years of experience and investigation into essential oils. This well may be the most comprehensive book yet written*



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on this subject.  
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*Essential Oil  
Use Chart --  
Help for Using  
Essential Oils  
Mix all of the  
oils together.  
Apply a few  
drops of mixture  
to the palm of  
your hands  
inhale and then  
rub onto*

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For Essential Oils

*shoulders and  
neck.* ALL

**PURPOSE CLEANSER**

*Spray bottle 6  
drops Eucalyptus  
Essential Oil 10  
drops Peppermint  
Essential Oil 12  
drops Lemon  
Essential Oil*

*Add essential  
oils to spray  
bottle; fill up  
the rest of the*

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way with water  
to dilute ...

*SINGLE ESSENTIAL  
OILS SKIN Quick  
Reference Chart  
It's my favorite  
reference guide  
to essential  
oils. It's well  
worth the money  
spent. What  
really impressed  
me is that it is*

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*based on Dr.*

*Pénoël's over 40  
years of  
experience with  
essential oils,  
and whom I  
mentioned in my  
article, An  
Essential Oil  
History - The  
Journey Begins.*

*Essential Oils  
Guide | A-Z*

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Oils*

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Alan Higley] on  
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information on  
over 100  
essential oils  
and 150 commerci  
ally-available  
oil blends*

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combines*

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and oil blends  
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different health  
and wellness  
conditions.*

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essential oils  
An essential*



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including a  
reference list  
of essential oil  
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benefits,  
how/why they  
work, and which  
oils to use for  
what purposes.  
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Oils Guide to  
help you quickly  
and easily*

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information by  
oil name.

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for Essential  
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Connie ...  
Published in  
March 2003, this  
book was written  
for health  
professionals  
and the general

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the therapeutic  
use of pure  
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rediscovering  
the natural*

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*healing power of  
essential oils!*

*The Reference  
Guide for  
Essential Oils,  
by Alan and  
Connie Higley,  
and its  
complementing  
products discuss  
single essential  
oils, blends,  
supplements, and  
personal care*

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preparations.  
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University  
APPLICATION  
METHODS Can be  
used*

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*aromatically Can  
be used*

*topically Can be  
used internally*

*SKIN SENSITIVITY*

*SPIKENARD Can be  
used topically*

*with no dilution  
(NEAT) Dilute*

*for young or  
sensitive skin*

*(SENSITIVE)*

*Dilute before  
using topically*

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*(DILUTE) SINGLE  
ESSENTIAL OILS*

*SKIN SENSITIV.*

*Quick Reference  
Chart.*

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for Essential  
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*Aromatherapy,*  
*Revised and*  
*Expanded: Over*  
*800 Natural,*  
*Nontoxic, and*  
*Fragrant Recipes*  
*to Create*  
*Health, Beauty,*  
*and Safe Home*  
*and Work*  
*Environments by*  
*Valerie Ann*  
*Worwood | Nov*

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*Essential Oils  
Guide (THE  
ULTIMATE LIST OF  
BENEFITS, USES*

...

*Essential Oils  
Should Be  
Properly  
Diluted. As a  
general rule for  
adults,  
essential oils*

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For Essential Oils

*should be diluted in a carrier oil such as coconut oil or jojoba oil in a 2-3% solution. For children above six, a 1% dilution is sufficient. For one teaspoon of carrier oil, that's 2-3 drops for adults and 1*

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drop for  
children.

*Essential Oils  
Guide | Young  
Living Essential  
Oils  
Reference guide  
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Oils, detailed  
information on  
over 100  
essential oils  
and 150 commerci*

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*ally-available  
oil blends,  
supplements, and  
personal care  
products.*

*Essential oils,  
the volatile  
aromatic liquids  
created by  
plants to help  
them maintain  
their own health  
and vitality-  
have been used*

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*by mankind for  
thousands of  
years to help  
enhance  
physical,  
mental,  
emotional, and  
spiritual  
health.*

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