



Reference Guide for Essential Oils Soft Cover 2016

Connie and Alan Higley

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Join the millions of individuals who are rediscovering the natural healing powers of essential oils! 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 how these precious liquids, and the chemical compounds they contain, can work to affect the body and mind. This new full-color edition of the Reference Guide for Essential Oils brings the beauty of one of nature's most exquisite gifts, along with what recent scientific research has discovered about them, together in an exciting new format! This book's unique new color-coded system makes it simple for anyone to quickly find-and confidently use-recommended essential oils, oil blends, and essential oil-inspired supplements for hundreds of different health and wellness conditions. Additionally, hundreds of footnotes throughout this book lead to summaries and references for more than 300 published research studies on essential oils and essential oil constituents. These unique features-along with detailed information on over 100 essential oils and 150 commercially-available oil blends, supplements, and personal care products-made this the perfect book for both seasoned oilers and those just beginning their journey into the fascinating world of nature's essential oils!

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