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Description:

The Essential Life Book THIRD Edition Welcome to the 3rd Edition of The Essential Life! Based on the latest essential oil research, enjoy an extensively updated A-to-Z section now including the latest additions of singles and blends you love. With a large increase in cohesiveness throughout all the sections, the book offers updated recommendations and an expanded index, making it more comprehensive for your use than ever before. This book will give both the novice oil user and the oil expert insight into using essential oils, not only to address health concerns, but also for everyday use in the home through cooking, cleaning, blending, gardening, pets & much more. This book will also be useful in helping you understand how to use the oils through your pregnancy, with your baby, and

on as your baby grows into childhood. Designed to be incorporated into all aspects of your life, you'll see topics such as: First Aid Body Systems Recipes Oils Blending Pets Gardening Supplementary Products The book's quick reference guide is a very easy-to-use way to know which oils you can use for more than 600 health concerns. From athlete to parent, this book is a must have.

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