

ESSENTIAL FAMILIES

Quick Reference Guide for your Everyday Oils



LEMON

- May help support the immune system
- May help energize/stimulate the mind and body
- Can be used in your skin care recipes
- Helps clean, degrease and disinfect surfaces
- May act as an appetite suppressant



FRANKINCENSE

- Can be used in your skin care recipes
- May help reduce the appearance of aging
- Helps alleviate occasional nervous irritability
- May help support the immune system
- Diffuse to enjoy a comforting aroma



RC

- Apply to the chest, back &/or throat area to support a healthy respiratory system during times of irritation
- Add to a hot compress and place on chest for added support
- Diffuse overnight to combat snoring and promote a restful sleep



PANAWAY

- May help with muscle pain after exercise
- May help alleviate minor aches and pains
- May soothe sore joints
- May soothe tension related neck and head pain



LAVENDER

- May give you a more peaceful night's sleep
- Use in your favorite skin care recipes
- May soothe minor skin irritations
- Enhances relaxation
- May minimize seasonal discomforts
- Deodorize closets and drawers
- May help in minimizing scar tissue or wrinkles



PURIFICATION

- May be used to cleanse and soothe skin
- Helps purify the air from odors
- May help relieve bug bites
- May be used as insect repellent
- May help minimize seasonal discomforts
- Deodorize closets and drawers
- May minimize ear pain



THIEVES

- Best choice for fighting germs
- Helps clean and disinfect surfaces
- May support healthy immune function
- Diffuse to help purify the air
- May help minimize teeth or gum pain



COPAIBA

- Promotes wellness
- Apply topically as part of a daily health regimen
- Mix with honey and warm water to create a post workout tea
- Helps support the muscular and nervous systems



PEPPERMINT

- May help with alertness
- May help soothe tummy troubles
- May help open up a stuffy nose
- May help relieve tension related aches and pains
- May help support healthy lung function
- Also used to flavor teas and recipes



DIGIZE

- Take this one with you when traveling, especially abroad, to support a healthy digestive system
- Soothe tummy troubles of all kinds by diluting with a carrier oil and massaging on your stomach or vital points of the feet

Essential Oils Reference Guide

Nancy Connor



Essential Oils Reference Guide:

Reference Guide for Essential Oils Connie Higley, Alan Higley, 2013 [A Complete Essential Oils Reference Guide](#)
Nancy Connor, 2019-12-18 This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies Over 500 Essential Oil and Aromatherapy Oil Remedies Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life

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Essential Oils: a Reference Guide Marcella Long,2016-07-19 A Reference Guide of Essential Oils will become your go to

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understanding about the chemical make up of essential oils All of life is made of three elements carbon hydrogen and oxygen These three molecules are the components of every essential oil Based on their individual chemical makeup these three elements of essential oils can be divided into 12 Chemical families These 12 chemical families tell us about the therapeutic properties actions and effects of essential oils You can select essential oils based on their specific therapeutic chemical properties actions and effects to formulate aromatherapy blends for healing specific conditions In this quick reference guide to the twelve 12 chemical families you ll learn several of the specific properties actions and effects of each of the twelve 12 chemical families their archetypal pattern typical area of use in aromatherapy and alchemical or elemental power primary or basic nature along with a list of some of the most common single pure essential oils in each family Chemistry Essential Oils serves as a helpful guide for selecting essential oils as a healing tool by plant identification which includes their Latin name preferred distillation method part of plant used and some of best locations for production You can also use Chemistry Essential Oils as a quick reference for blending ideas and information on the healing properties for each chemical family Any cautions for each chemical family are also noted I highly recommend this to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique John L Turner MD I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience combined with her passion to assist the personal growth and wellness of all is unsurpassed Eldon Taylor Ph D New York Times Best selling Author It has been a pleasure working with KG Stiles She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils Thank you KG Linda McGwire RN BSN HNC B About the LoveNotes brand LoveNotes are short reads and summary books created with the intention to inspire and support you to create the truly satisfying life you desire Each LoveNote focuses on a specialized topic of interest and is created to help you save valuable time and get to the heart of what s most important to you quickly Hope you love your LoveNotes as much as I enjoy creating them for you Aromatically yours KG Stiles Author Certified Clinical Aromatherapist Founder PurePlant Essentials Metaphysician Coach

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