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~~These herb and aromatherapy recipes are perfect to make as homemade holiday gifts for those you care about. Make Your Own Herbal Holiday Gifts • Yuletide Spirit Spray Mist Recipe • Herbal Oat Scrub Recipe • Bath Salts Recipe • Body Silk Powder Recipe • Lip Balm Recipe~~

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~~475 Herbal and Aromatherapy Recipes: Recipes for Life, Family and all of your Household Needs. This is another book that I would be completely lost without! I first learned about the author, Demetria Clark, when I started my Herbs and Children series. I was really inspired by her back-to-basics approach to herbalism and aromatherapy.~~

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~~Herbal treatments and aromatherapy are valuable, time-proven, natural approaches to a healthy and more comfortable pregnancy and birth as well as a successful breastfeeding experience. Herbalist, instructor, and midwife Demetria Clark explains everything a woman needs to know about using herbs and essential oils during this important time of life. Demetria explains which specific essential oils can help with particular physical and emotional challenges that commonly affect women during pregnancy and birth. She also explains how essential oils are made and their various purposes and applications, including infusions, topical preparations, and air dispersal via sprays and diffusers. Readers will find practical tips on how to purchase essential oils and use them safely, along with a list of essential oils to avoid during pregnancy and postpartum. A reference section covers both common herbs and those typically familiar only to herbal practitioners. Descriptions include which conditions an herb is best suited for and when that herb should not be used. Demetria provides the botanical name of each herb so it can be identified regardless of the common name it's sold under. In addition, she offers basic information on how to make herbal remedies at home and how to grow, gather, and prepare herbs from fresh plants.~~

~~A revised and updated, accessible and practical guide to using essential oils for physical and emotional healing, with more than 50 recipes. With traditions dating back more than 6,000 years, aromatherapy and essential oils are powerful tools for treating ailments, boosting the immune system, and helping relieve insomnia, anxiety, and stress. In this easy-to-use guide, you'll find a list of the best essential oils for each particular condition, tips on making your own formulas, and more than fifty recipes for improving your complexion, treating pain, and refreshing your home. Simple recipes include relief from: • stress • problem skin • tummy troubles • colds & flu • diaper rash • bug bites and more! Also included is a glossary of more than sixty common essential oils. All you need to know about aromatherapy is right here!~~

~~Herbalist Demetria Clark shares her wealth of knowledge and experience to provide a practical guide for dealing with common childhood health issues. Both parents and health practitioners alike will find immense value in these time - tested, safe herbal therapies. Easy - to - use, the comprehensive manual offers a treasury of practical recipes for reliable, age - appropriate remedies; insight into why medicinal herbs are effective, and which conditions they treat; advice on gathering, preserving, and storing fresh herbs; and traditional techniques for making herbal teas, infusions, and salves. An understanding about the underlying cause of the imbalance is followed by recommendations for several effective herbal remedies that are known to work well. Learn what to have on hand for an herbal medicine chest and herbal first aid kit to cautions as well as guidelines for when it might be necessary to call in a health care professional. Throughout history, the use of herbs in healing can be found in traditional and indigenous cultures the world over. Herbal medicine has always been the people's medicine, and many families are drawn to it as part of a holistic lifestyle. Herbal Healing for Children helps parents access this wisdom to make the best possible choice when it comes to their children's healthcare.~~

~~Completely updated, the best book on the topic available anywhere has just gotten better! A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this new edition contains more than 800 easy-to-follow recipes for essential oil treatments. No one has provided more thorough and accurate guidance to the home practitioner or professional aromatherapist than Valerie Ann Worwood. In her clear and positive voice, Worwood provides tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors. Other sections cover self-defense against microbes and contaminants, emotional challenges, care for the home and workplace, and applications for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood also offers us her expertise in the use of essential oils in beauty and spa treatments, plus profiles of 125 essential oils, 37 carrier oils, and more. Since the publication of the first edition of this book 25 years ago, the positive impact of essential oil use has become increasingly recognized, as scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and uses.~~

~~This distinguished organic chemist shares his in depth knowledge of the particular current value of essential oils, for health on all levels. In an era when Western allopathic medicine has less and less appeal, this self-care method is a potent alternative, with roots going back to ancient times. Dr. Schaubelt has a gift for presenting facts and information in a way that is intriguing and easy to assimilate. In the flood of "coffee table" aromatherapy books currently available, this is a much needed and welcome source for those truly interested in taking responsibility for their own health.~~

~~"Recipes + tips for using essential oils"--Cover.~~

~~Looking for books on essential oils and aromatherapy? You've come to the right place. Essential Oils Guide Book contains everything a new or seasoned oils enthusiast would want to know. You'll explore the MANY benefits of aromatherapy and essential oils; from home remedies to picking your first starter kit of oils, it's all here! Here's a quick preview of what's inside: What Exactly are Essential Oils? History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work? Are Essential Oils Safe? How to Use Essential Oils How to Treat Certain Ailments and Conditions (Such as Stress, Anxiety, Allergies, Headache, Sleep, and even Weight Loss!) with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More! What are you waiting for? Scroll up and click the 'Buy Now' button to enter the exciting world of aromatherapy and essential oils!~~

~~Improve your K9's life today with the power of essential oils and aromatherapy This 3 book bundle will be the only book you need to fully understand how essential oils can help your four legged friend to live a happier life. It will answer all your questions from how to purchase quality essential oils fit for pet use all the way to providing over 100+ recipes to solve all the common physical, mental and emotional issues most dogs experience in their lives. Dogs are truly a gift from nature and the only best way to show our appreciation is to take another gift from nature to better care from them. That gift is essential oils, these powerful oils have been scientifically proven to help, treat and cure physical, mental and emotional issues in both humans and dogs. No longer will you need to use man made chemicals to fix easily solvable ones with essential oils. You no longer need to expose your pup to harmful chemicals that can accumulate overtime, which have been found to cause long term health problems such as allergies, cancer and digestive problems. In this bundle you will learn: - How exactly essential oils work on dogs - How to purchase and store essential oils properly - The safety precautions needed when using essential oils on dogs - How best to introduce this new treatment to your dog - Which oils can be safely used and which are dangerous for dogs - Over 100+ essential oil recipes to answer common dog problems~~

~~The essential beginner's guide to healing with essential oils. The Beginner's Guide to Essential Oils puts the power of natural healing in your hands. This simple guide distills the knowledge you need to unlock the potential of commonly found essential oils. Start making nourishing, all-natural, and affordable remedies to treat a variety of conditions--even make your own skin care and home cleaning products. Explore the many modern applications of essential oils, from herbal medicine to aromatherapy to natural beauty. Discover profiles detailing the aromas and therapeutic actions of 30 favorite essential oils. Breathe easy with guidelines for safe use during pregnancy and instructions on diluting formulas for babies and children. You can begin your journey right away with any of the 100 included recipes for health and home. In The Beginner's Guide to Essential Oils, you'll find: 30 essential oil profiles--Find practical applications, blending and substitution suggestions, and more for 30 common essential oils. 10 complementary oils--Learn the properties and best uses of 10 popular "carrier" oils you can use to dilute your essential oils. 100 useful recipes--Enjoy the benefits of essential oils with recipes for salves, sprays, roll-on perfumes, and more. Blend the healing power of essential oils into your life with The Beginner's Guide to Essential Oils!~~

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