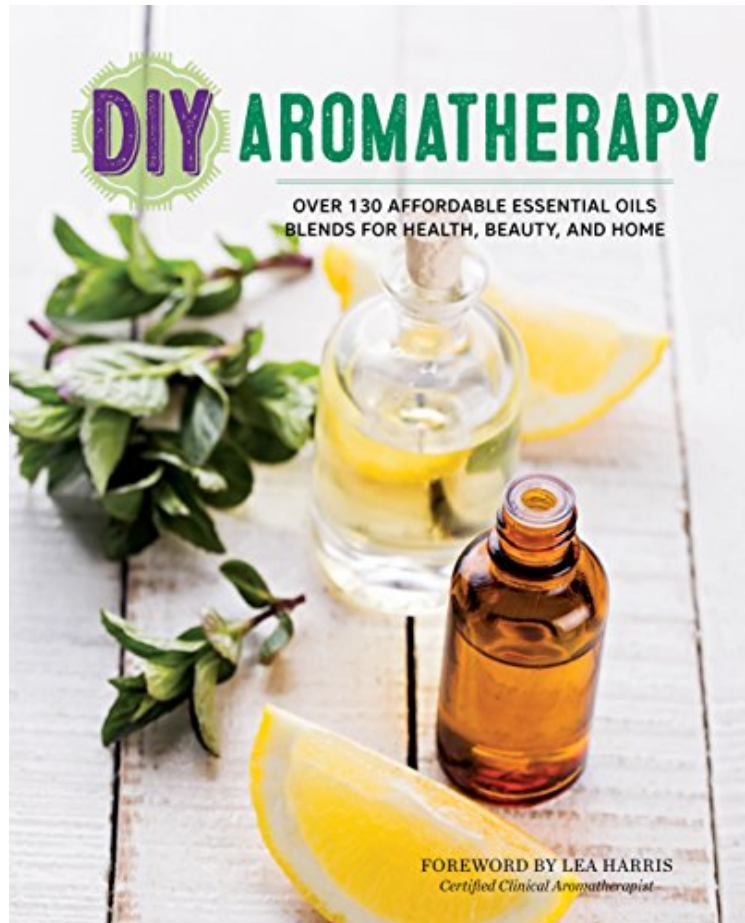


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into conditions Remedies for the Home. Perfume recipes Conversions Glossary Quick reference guide to aromas and oils I have made many of these remedies and recipes with great success. 2 of 2 people found the following review helpful. Very Informative By Sunshine Ray I have recently discovered that I can not use most items on the market that are not natural in scent. That lavender spray is full of chemicals and will not give you the real relaxing fragrance. When visiting a health care store and noting all the different essential oils, it can become very overwhelming what this one or that one does as far as health or just a mood changer. You would also have to be very careful on which oils need carriers and which can cause more harm than good. This DIY book offered an abundant amount of information to cover a balm to a massage oil recipes. It gives a vast amount of information for beginners who have no sense of all the ingredients that can improve daily life. I was happy to see the colorful pages and I was able to understand the recipes and knew exactly what to look for in the craft or health food stores. Step by Step, I was able to mix a stress reliever. I would recommend this book to anyone who would like to dabble in mixing and aromatherapy. I purchased this item in exchange for my unbiased review. 1 of 1 people found the following review helpful. This Book Has So Much Information! By Missy's Product Reviews I have always been interested in all natural remedies as that is they had in the old days not all the pills on the market today. I want to make my own natural products and this one is a great help. I learned about the different essential oils and where they came from not to mention pairing of scents. I can't wait to make a eucalyptus-mint rub or sanitizing hand gel maybe someday i will have my own Etsy shop to sell these wonderful items. Disclaimer I got this free in exchange for a review this is solely my own opinion which may differ from yours.

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