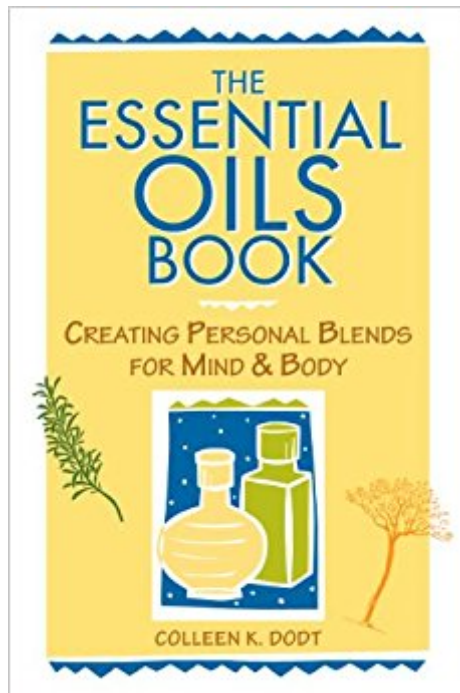




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# The Essential Oils Book: Creating Personal Blends For Mind & Body



## Synopsis

Discover the fragrant world of essential oils. Herbalist Colleen K. Dodt profiles the healing and cleaning powers of dozens of oils extracted from herbs, flowers, roots, barks, and resins. This comprehensive guide includes recipes for natural cleaning products, lotions, and ointments that will keep you feeling happy and smelling great. Fill your days with stimulating scents as you learn to use essential oils to wash your dishes, soothe sunburns, combat stress, and improve the quality of your life.

## Book Information

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## Customer Reviews

Fragrant essences lift the spirits, stimulate the senses, and enhance relaxation after a trying day. This practical guide shows how essential oils -- used in the home and on the go -- can greatly improve the quality of busy lives. Comprehensive information on the essential oils extracted from herbs, flowers, roots, barks, and resins includes which ones to use regularly, which to use with caution, and which to avoid altogether. Dozens of simple step-by-step recipes feature essential oils for:

- \* Combating stress, PMS, sunburn, and other conditions
- \* Scenting homes, offices, and vehicles
- \* Creating blends for safe, fragrant cleaning products
- \* Making special mixtures for children and the elderly

An herbalist for over 15 years, Colleen K. Dodt is the author of *The Essential Oils Book* and *Natural*

BabyCare, of which James A. Duke, author of *The Green Pharmacy*, said: "I believe Colleen would do better at healing my children and grandchildren than most of my HMO physicians have done." Colleen Dodt is the owner of Herbal Endeavors, Ltd., in Rochester Hills, Michigan. Her business and products have been featured in *Herb Companion* magazine, and she has written numerous articles on herbs and aromatherapy. She was the first American and the first woman to write for *The International Journal of Aromatherapy* (1988).

I own several books on essential oils and this is the worst one. It's easy to read and understand but it's more of an editorial of the authors experiences with oils than instructional/ informational source. The order of the book all over the place. I may return it or give to someone who may be more appreciative of what this book has to offer.

I was looking for an encyclopedia and some basic recipes. This book was way too basic, but might be useful for someone who knows nothing about oils. The encyclopedia section was much too small, and the information was disorganized. I returned it and purchased Julia Lawless' *Illustrated Encyclopedia of Essential Oils*, and for recipes and even more detailed info, go to: '[...] aka 'Esoteric Oils'. This is not a book I recommend because the information was very limited.

This was my first book on aromatherapy and after reading all the "recommended and required" books by various certification courses and classes I've taken, I always go back to Colleen's book. It is clear, concise and very easy to use for beginners. I always recommend this book to friends who want to learn more about aromatherapy and essentials oils.

Colleen Dodt simplifies without condescension the complexities and benefits of essential oils. She shares many of her personal experiences as well as usage recipes I will try. The resource area at the end of the text is an educational gem I am exploring with enthusiasm. Thank you Colleen Dolt for your gift to this eo neophyte!Sbbteach

Item arrived quickly, as described. I love the clarity of this book. The author reviews basic properties of many essential oils; then suggests potential uses. Whether you are just beginning your adventures with essential oils, or are an experienced "oily" and want to explore more combinations of oils, this book is a great resource!

very informative

I really enjoy this book. As a novice where it concerns essential oils, I was very satisfied with the organization and content of the book. It organizes the different essential oils into very common, somewhat common, and rare and gives you details on each of the listed oils. It highlights common and recommended uses for said oils and also provides you with many different recipes. Although my EO collection is so small as to be laughable, I still get great use out of this book and find myself referencing it often!

Even though it's a older book it still has very reliable information and with the insane craze regarding oils right now we all need someone with some experience to give us sound advice! Happy I have it. I learned a lot and most of all not to just believe everything i hear about essential oils. They are wonderful and i love them but they are also strong and can be very dangerous if not used properly.

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