

[PDF] The Essential Oils Book: Creating Personal Blends For Mind & Body

Colleen K. Dodt - pdf download free book



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Description:

From the Back Cover 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

About the Author An herbalist for over 15 years, Colleen K. Dodt has written two Storey titles, *The Essential Oils Book* and *Natural BabyCare*, of which USDA Scientist James A. Duke, author of *The Green Pharmacy* said of the book: "I believe Colleen would do better at healing my children and grandchildren than most of my HMO physicians have done. As always, Colleen writes engagingly and earnestly." Colleen is the owner of Herbal Endeavors, Ltd., in Rochester Hills, Michigan, a business she began years ago at her home so that she could raise her young daughter, Christina, full time. Since then, her business and products have been featured in *Herb Companion* magazine, and she has written numerous articles on herbs and aromatherapy as well. Colleen is the first American and the first woman to write for *The International Journal of Aromatherapy* (February 1988), a British trade publication edited by Robert Tisserand, one of Britain's foremost experts on herbs and essential oils.

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