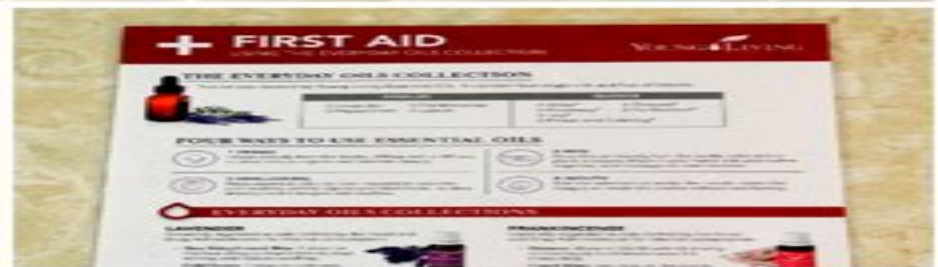




Beginners Guide to using **ESSENTIAL OILS**



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BOOK 1 Essential Oils Quick Reference Guide for Over 100 Common Ailments Discover over 100 conditions and how to treat them with essential oils Covers support for body mind emotions and spirit including stress sleep skin issues immune support and more

BOOKS 2-4 Essential Oil Chemistry Series Formulating Blends that Heal Deepen your understanding of essential oil chemistry the foundation of true aromatherapy Each book offers a concise overview of chemical families their therapeutic properties and practical applications for formulating synergistic blends

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Book 3 Aldehydes Ketones Lactones

Book 4 Monoterpenes Oxides Phenols

BOOK 5 Aromatherapy Healing Power of Scent Blending Secrets 18 Aroma Classifications Explore the energetic and emotional aspects of scent with expert guidance on how to blend for physical emotional and spiritual transformation

BOOK 6 Chemistry of Essential Oils Quick Reference Summary A user friendly summary of the 12 chemical families with their aromatic qualities healing actions and safety notes for quick blending guidance

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John L Turner MD KG has been a key resource in developing our hospital based aromatherapy program Her expertise in essential oils is exceptional

Linda McGwire RN BSN HNC B

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KG Stiles BA CBT CBP LMT Certified Clinical Aromatherapist Metaphysician Coach Founder of PurePlant Essentials With more than four decades of experience in the healing arts KG Stiles is a globally respected aromatherapy educator practitioner and the creator of the LoveNotes healing series Her work integrates plant based medicine energy healing and mind body wisdom She has worked with top wellness professionals hospitals and internationally renowned celebrities and athletes KG is a NAHA approved Continuing Education Provider contributing author for aromatherapy journals and passionate advocate for natural wellness Her books and formulas have empowered thousands around the world to take charge of their health through the ancient wisdom of essential oils

The Ten Best Essential Oils Kate Richardson, 2013-10-24 This Book will provide a comprehensive reference guide listing the ten most useful and readily available essential oils the methods to use them their applications in healing the properties of each oil and the carrier oils which combine with them to promote health ease the mind clean the home care for pets protect against pests and reduce the chemical imprint on the planet

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Natural Healing With Essential Oils Laura K Courtney, 2017-08-12 A complete guide to the alternative approach to vibrant health and general well being 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 is an easy to use guide to get the most out of your essential oils Essential oils hold great wellness benefits the healing potential of essential oils may be limitless but it s difficult to know how and where to begin when you don t have a prescription With over 100 recipes for natural alternatives to traditional medicine Natural Healing with Essential Oils provides a comprehensive reference to herbal healing without the hassle expense and frustration that comes with consulting doctors and taking prescription medications The Natural Healing with Essential Oils guide teaches you how to expertly blend essential oils and create your own aromatherapy mixes to relieve stress bolster energy and more Packed with recipes to combat everything from morning sickness to migraines and explaining the benefits of each ingredient in nature s apothecary the Natural Healing with Essential Oils guide gives you everything you need to master these ancient cures This book will teach you to use essential oils for any purpose with Easy to Follow Recipes for curing ailments enhancing beauty and sprucing up the home Helpful Tips for blending essential oils correctly and safely Collection How To s for buying the best essential oils including how to stock your collection to gain the biggest benefits of using essential oils and aromatherapy Today we can harness the all natural power of essential oils to calm purify and heal our bodies and homes

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Angel Prayers & Affirmations: A Sacred Guide to Divine Connection, Healing Energies & Essential Oils KG Stiles, 2025-04-15 Step into the sacred presence of angels and begin your journey of divine transformation Angel Prayers Affirmations is your comprehensive guide to connecting with the celestial realm Blending the divine wisdom of 17 Archangels with powerful affirmations guided meditations and the healing influence of essential oils this book offers a practical and inspiring path to spiritual awakening inner peace and personal empowerment Whether you re seeking protection clarity emotional healing or a deeper intuitive connection this sacred guide provides clear tools and timeless wisdom to help you connect with divine support Inside this book you ll discover The Angelic Realm Understand the divine roles of angels archangels and celestial messengers How to Connect with Archangels Learn how to invoke angelic support for healing protection guidance and empowerment Transformative Angelic Meditations Guided meditations to align with your higher self and the love and wisdom of the angels Powerful Affirmations Activate your spiritual energy and elevate your frequency through the power of intention Essential Oils Angelic Energy Discover essential oils and custom blends to deepen your connection with each archangel Angelic Help for Life s Challenges Receive support for relationships emotional balance creativity and spiritual growth A Z Angelic Support Guide A practical reference matching angels and essential oils to everyday needs and concerns Spiritual Science Quantum Healing Explore the union of ancient metaphysics with modern energy medicine Let the radiant presence of the Archangels uplift heal and guide you in all areas of your life This transformative guide offers keys to divine connection energetic balance and living in harmony with your highest purpose KG Stiles BA CBT CBP LMT is a best selling author metaphysician and certified clinical aromatherapist with over four decades of experience in the holistic healing arts She has worked with internationally renowned celebrities athletes and

hospital wellness programs A pioneer in energy medicine and spiritual healing KG has authored over 100 books on essential oils spirituality and natural wellness She is the founding director of PurePlant Essentials offering 100% pure GC MS tested essential oils and custom wellness formulas She serves as the Oregon South Director for NAHA National Association for Holistic Aromatherapy and is a NAHA approved Continuing Education Provider Her mission is to empower and inspire others on their path to wholeness

Astrology Survival Guide: Practical Insights for Understanding Yourself & Life Cycles

KG Stiles, 2025-04-15 Unlock the Secrets of the Stars with Astrology Survival Guide Practical Insights for Understanding Yourself Life Cycles by KG Stiles This book is designed for those who don't just want to understand astrology but want to engage with it Astrology Survival Guide offers hands-on practical tools that integrate astrology with meditative practices essential oils and crystals empowering you to align with cosmic rhythms through conscious intention Whether you're a beginner or an experienced astrology enthusiast this guide provides a holistic approach to understanding your zodiac sign and navigating life's cycles If you're seeking a deeper connection with the stars and a more balanced empowered life this book is your roadmap for personal growth and transformative change

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About the Author KG Stiles BA CBT CBP LMT is an acclaimed metaphysician astrologer and certified clinical aromatherapist with over 40 years of experience She is the founder of PurePlant Essentials and a best-selling author who has worked with celebrities athletes and

hospitals worldwide She serves as the South Oregon Director for the National Association of Holistic Aromatherapy NAHA

A Beginners Reference Guide to Essential Oils Charles Gruger, 2020-01-02 This is a 4 in 1 Book on Essential Oils and Aromatherapy which includes Essential Oils for Anxiety Sleep Depression the best essential oils to use the best brand of essential oils to buy where to buy essential oils from how to use aromatherapy oils best practices when using essential oils in diffuser or even diffusing essential oils without a diffuser then seek no further This is a comprehensive aromatherapy and essential oils guide for beginners This book A Beginners Reference Guide to Essential Oils which is the the seventh book in the Aromatherapy and Essential Oils Beginners Guide series aims to enlighten you on Why use essential oils in the first place What essential oils are made of Aromatherapy oils and their uses Why they do what they do The benefits of using essential oils How to blend and mix aromatherapy oils A basic guide to using essential oils in the home and Natural essential oils recipes and home made remedies This book contains Over 500 Essential Oil Blends and Recipes For a deeper rejuvenating invigorating and refreshing sleep and fight against sleep disorders and sleep deprivation For combating mood swings and the early stages of depression For defusing stress and blends that leave you energized more productive and better able to perform your daily activities For relief from allergy attacks and disinfecting against allergens For relieving colds and flus and to boost the immune system to help fight such infections For headaches migraines and pain relief For combating sinusitis and other various sinus problem For mental clarity and laser sharp focus to increase productivity For treating ance and acne scars and reduce its reoccurrence to a minimum For a healthy and vibrant skin smooth and glowing skin anti aging and anti wrinkle treatment For healthier hair improving the lustre of your hair promote faster and richer hair growth organic hair conditiiners for both dry and oily hair and deal with dandruff For making therapeutic massage oils for dealing with sore muscles and joints romantic massages and for mental clarity For making alluring and mesmerizing natural perfume oils sprays and solid perfumes that will boost your confidence That are safe and healthy for use on your pets as simple organic shampoo flea and tick chaser and calm anxious and excited pets For making refreshing and rejuvenating bath bombs and bath salts For making mosquito and flea repellents so that nothing comes between you and your summer evening adventures For making natural and organic home cleaning soaps detergents and disinfectants free of any form of non degradable biochemicals So click the BUY button NOW to begin a journey to a Healthier Revitalized and Energized life **Reference**

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