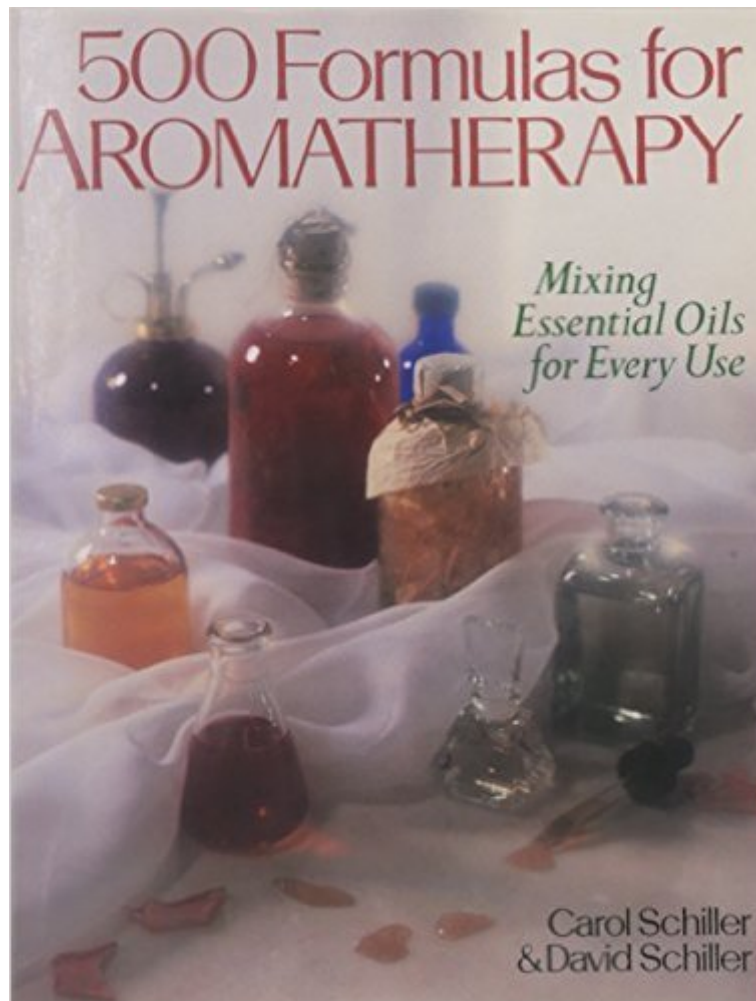


The book was found

# 500 Formulas For Aromatherapy: Mixing Essential Oils For Every Use



## Synopsis

Exact formulas for making hundreds of blends for skin and hair care, relief of stress and pre-menstrual syndrome, baby oils and powders, cellulite reduction, massage oils, and more. "It's interesting to just page through the alphabetical section and learn the purported advantages of oils, from allspice (*Pimenta officinalis*) to ylang-ylang (*Cananga odorata*)."--Booklist.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (378 customer reviews)

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## Customer Reviews

This is the first book I bought when starting to use essential oils. It's perfect for a beginner! It has more than enough recipes for everyday uses for a person to start out with. Once I started using my oils and the recipes in this book, I began developing a better sense of what I liked and what oils went together better. The only thing it needed is a better list of substitution oils for more expensive ones. GREAT TO OWN if you are just starting out in the wonderful world of aromatherapy!

there are heaps of books about aromatherapy, history, explanations.....etc. and if you are reading this then like me, you have at least one already.but sometimes you just want a quick and simple blend without reading through 100 pages first for a relaxing bath, to help you fall asleep,to make your house smell nice or keep your guests from snoring even.....this book is it!!!!all recipes,every page, no frills. straightforward, quick and simple.the best!!!

I purchased this book through another company which sold bottles for my new aromatherapy business. I refer to it with each and every customer who seeks information on my essential oils. I

previously only sold perfume oils, but now I'm finding a boom in sales of the "real deal". I simply use the reference section to 'cure what ails you' and let the customer blend their own concoction. So Simple, Its Fantastic! I plan to buy more copies to replace my oil stained, and dog eared one. If you are new to the world of fragrance, Cedarvale has excellent products to use with this book. Peace

This book is excellent for those of us who are new to the concept of aromatherapy. It explains the essential oils, how to blend them, what to blend them with, and what the cautions are of the oils. Many formulas are also given for bath oils, massage oil blends, and even household helpers.

Not to be contrary or rude, but I've noticed that several reviewers have lamented the fact that little information is provided on the properties of the various essential oils. Newsflash people: this is a "recipe" book and therefore the assumption is made that you are familiar with the various essential oils and their properties. There is nothing wrong with this at all. The author provides a huge collection of blends and it's up to the user to know their stuff. I love this book and refer to it often. If it's a reference book you want, try Julia Lawless' Encyclopaedia of Essential Oils.

This is an incredible book. The formulas are excellent and there is such an enormous selection to choose from. It takes the guessing work out of blending. I never thought that I could make so many wonderful formulas with essential oils. I recommend it highly to anyone either starting to use essential oils or already using these great oils.

my mother bought this book for me when i first became involved in aromatherapy. it has been a wonderful addition to my herbal library, easy to read and use, with some excellent ideas for other uses for essential oils. would recommend this book to anyone starting out in aromatherapy as an inexpensive but worthwhile investment

I for one do my homework before I buy a book. What I wanted was a book of recipes for beginners in aromatherapy and that's what I got. For those who rate this a 3 or lower you probably didn't do your homework. There are a lot of books which can be more helpful for what you need/want but this particular book was one that a lot of us needed. My criticism is not for the book but for some of the reviewers who think every book they buy will automatically fill their needs. DO YOUR HOMEWORK!!!

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