



Essential Oils for Beauty, Wellness, and the Home: 100 Natural, Non-Toxic Recipes for the Beginner and Beyond

By Alicia Atkinson

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Essential Oils for Beauty, Wellness, and the Home: 100 Natural, Non-Toxic Recipes for the Beginner and Beyond, Alicia Atkinson, Harness some of the greatest untapped resources in the world. The Complete Guide to Essential Oils empowers everyone from doctors, nurses, and science professionals to teachers, business executives, and homemaker to live a natural and healthy life. Essential oils have been an integral part of human healthcare for thousands of years. It is our body composition and genetics that makes them so ideal for improving our physical and mental health, nutrition, and personal care even in the modern world. The rising and unpredictable costs of the healthcare system motivate many individuals and families to look for safe and effective complementary healthcare options. Essential oil protocols do not replace the important role of doctors and healthcare providers, but they allow readers to support their own healthcare at home. Here author Alicia Atkinson shares with us a simple yet comprehensive guide to essential oils. The book begins with an overview of the history, science, and methods of use of essential oils, discusses quality and safety, and goes on to explain how essential oils can be...



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