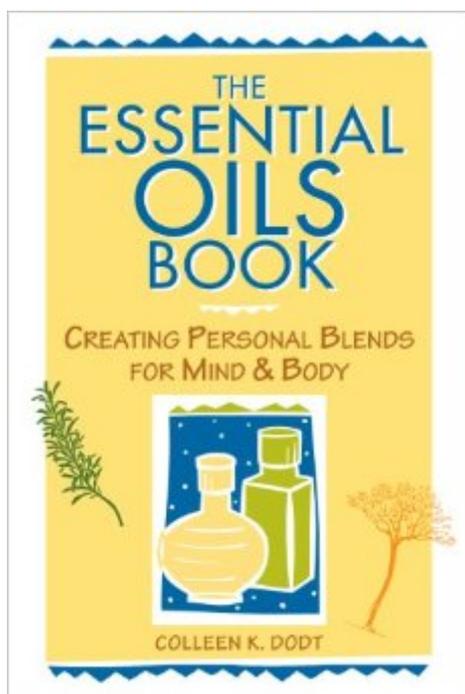


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# The Essential Oils Book: Creating Personal Blends For Mind & Body



## 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

I got this book as a Christmas present and today's the 27th but I've read most of it already. GREAT book -- it's like a cook book. Given my undergrad work in biochem, it's just the right positioning for me. Tells how the chemical work together(carriers, bases, high notes...) and has a good variety of recipes for toiletries to make yourself: bath soaks, facial oil, and best of all, YOUR OWN PERFUME! Seeing as I'm working on distilling all those rose petals, scented geranium leaves, lavender, ginger and jasmine from my garden, I can become an amateur perfumer --!... It's great fun.

I own many books on this subject, but I find myself pulling this one off the shelf time and again. It offers a lot of basic information in an easy to use format. There are more complete lists of oils and their properties out there, but I like this book because it also includes recipes and advice, and

inspires me to create my own blends. I recommend this to anyone looking for a basic reference or informational book on essential oils.

By just looking at the cover of this book I could tell it was going to be fun, what with its matte finish and recycled pages, and I wasn't disappointed! Ms. Dodt has executed an easy to comprehend book that is good for beginners and those that are past the beginner stage, but not ready to cross the line into advanced aromatherapy. The blue "idea" boxes scattered throughout the book contain great "at a glance" information and her oil descriptions are well done. All of her recipes contain oils that most folks should have in their aromatherapy kitchen, unlike other books I have read that have oils that are either extremely expensive or hard to obtain. I especially appreciated her clear and concise definitions of measuring dilutions, since so many aromatherapy books skip right over this or don't explain this concept clearly. The packaging, labeling, and gift ideas she describes are wonderful, especially for those of us who may be creative with oil blends but lousy with packaging! What a treat to read

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 essential oils.

I have approximately 30 books on the subject, and whenever someone asks which book to begin with I always tell them about this one. It is easy to read, gives great recipes, good safety information (always important) and does not complicate the beginner's life with chemistry or spiritualism (valid subjects but not what the beginner is usually interested in). If you are a beginner to the subject and don't know where to start, then start here

I purchased this book for the purpose of getting advice on creating my own blends using essential oils. The recipes included in this book are versatile and provide enough background info to enable the reader to achieve this goal. The author transmits friendly excitement about integrating essential oils into our daily routines. Her writings act as a guide to the beginner and encourage him/her to look for new uses of aromatherapy.

I was looking for a straightforward book with recipes to get me started with aromatherapy and this

one was a good place for me to start. It has an intro section on precautions of using essential oils (they're intense :) And then goes into descriptions and uses of all sorts of oils which will be useful to me once I get better at this. For now I enjoy the recipes that are in the last half of the book - especially the baths. There are also recipes for dryer scenting, floor cleaning solutions and other applications that I haven't tried yet but sound neat - especially the dryer scents!

I'm wondering if the previous reviewers did any online research on the subject before purchasing the book & giving it rave reviews. There's very little information in the book that I can't easily find online. A good/reputable essential oil supplier's website would contain much more information than this book. The descriptions of only a handful essential oils are also extremely lacking. Sometimes she'd say, this oil is usually good for xxx, but I tried just the opposite and it still worked well (paraphrase). But she offers absolutely no explanation why it still worked for her when the oil is typically used for something else. She casually uses her own experience as examples frequently, but offers no detailed explanation. Often she just says, I like this, or I don't like this. Again, no reason why she liked or disliked something. She simply doesn't sound like a professional writer to me (almost airy), and I expected a lot more from the book, especially after reading the other rave reviews. There are many books out there not even specifically focused on the subject of essential oils, but still contain much more useful & detailed information than this book. Total disappointment. Unless you're too lazy to do any online research and only want to touch the surface of what essential oils are, then this may be the book for you. Afterall, it does contain a small amount of information in an organized fashion, but I could've written this book in a week. Otherwise, don't waste your money.

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