



Essential Oil Recipes for Healthy Living: A Guide for Natural Living Using Essential Oils

By Nancy Johnson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Essential Oils are called such because they contain the real essence of the plant where they were extracted from. They are usually extracted from plant parts such as the flowers, stems, barks, leaves, fruits, seeds and roots. Essential oils are greatly used in aromatherapy because they do not contain any artificial products or add-ons. In other words, they are as pure as you can get. Essential Oils or EOs are also widely known for their therapeutic benefits. They are either applied on the skin or inhaled using a diffuser or by rubbing a small amount on your palm. Although mainly treated as oil, Essential oils are not actual oils because they do not contain fatty acids unlike vegetable oils or any other oils. Since Essential Oils are pure blends, they need to be diluted in carrier oils such as Jojoba oil, Almond Oil, Olive Oil, Coconut oil and Grapeseed oil. Take note that if you are allergic to a certain plant, chances are, you are also allergic to its Essential oil equivalent so make sure...



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