

# 25 Plr Articles: Essential Oils

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The subject of essential oils is an extremely complex one. Besides the fact that there are hundreds of plant extracts involved, there are issues like safety to be concerned with. Most people beginning to become more familiar with essential oils will want to do some reading. There is a book called the Essential Oils Desk Reference. The third edition is out now. The book is compiled by Essential Science Publishers. This volume would seem to be an encyclopedic work on everything there is to know about essential oils. It does, in fact, have information on all the basic facts of the subject. These include a long list of ailments they can help, where the oils come from, and how they are to be used. What the name doesn't tell you is that it refers most often to a particular brand of essential oils called Young Living. The Complete Book of Essential Oils and Aromatherapy: over 600 Natural, Non-Toxic and Fragrant Recipes to Create Health - Beauty - a Safe Home Environment is a book by Valerie Ann Worwood. This author is a researcher in the field who runs an aromatherapy clinic. Her book describes recipes for uses of all kinds. These include medicinal, cosmetic, and cooking with essential oils. If you simply want a book that tells you how to use and combine essential oils, this is a good one.

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