

Quick Reference Guide for Essential Oils 2013

Connie and Alan Higley



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2013 Edition. Designed as a pocket guide for convenience, this book contains the Personal Guide section of the large "Reference Guide for Essential Oils" plus the Vita Flex Feet Chart, the Auricular Emotional Therapy Chart, and other summary information. It is the perfect pocket guide to using pure, therapeutic quality essential oils and other commercially available products that contain pure essential oils. Revised and expanded, with new navigation guides and information on hundreds of health and wellness conditions plus the latest research findings, it is one of the most comprehensive and concise books of its kind on the market today. Comprehensive information about pure, therapeutic quality essential oils in a readily accessible, reference guide format. The new 2012 Edition is revised and expanded, with more information than ever before, new navigation aids, and research findings from a host of published studies. The latest edition of the Quick Reference Guide for Using Essential Oils includes: Photo illustrations for the Raindrop Therapy techniques Photo illustrations and Hand Chart for the Vita-Flex technique This book is bound with a plastic spiral binding. This type of binding is very durable and allows the pages to lie flat-facilitating the use of this book during the application of oils. TABLE OF CONTENTS Quick Reference Guide for Using Essential Oils Basic Information Personal Guide(over 600 health related topics) Appendix Bibliography Index

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