

Mini Modern Essentials Usage Guide 6th Edition, a Quick Guide to the Therapeutic Use of Essential Oils

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This mini "Modern Essentials Usage Guide" is a softcover condensed version of the larger hardcover Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils. The smaller size and a coil binding make this portable reference perfect to carry in a purse or case wherever you go--outdoors, traveling, or visiting clients.

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The Science and Application of Essential Oils: An Introduction to Essential Oils, History of Essential Oils, Essential Oil Constituents, Topical Application, Auricular Internal Body Points, Reflexology Hand and Foot Charts, Autonomic Nervous System, Aromatic Application, Nose and Olfactory System, The Art of Blending, Internal Application, Daily Tips for an Essential Lifestyle

Single Oils

Personal Usage Guide: Additional Notes on Using Essential Oils, Personal Usage Guide **Appendix and References:** Appendix A: Body Systems Chart, Appendix B: Single Essential Oils Property Chart, Research References, Bibliography

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Quick Usage Chart



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