



# Essential Oils for Healing: Over 400 All-Natural Recipes for Everyday Ailments

*Vannoy Gentles Fite, Michele Gentles McDaniel, Vannoy Lin Reynolds*

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# Essential Oils for Healing: Over 400 All-Natural Recipes for Everyday Ailments

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All over the world, people are turning toward homeopathic and alternative medicines. *Essential Oils for Healing* is an easy-to-use guide for anyone who wants to learn how to use essential oils to heal a multitude of ills. Ailments are listed in alphabetical order and are accompanied by hundreds of recipes you can re-create at home using the essential oils at your disposal. Tips on safe handling and usage, contraindications, and storage ensure that even the most novice of essential oils user can get the healing benefits from our planet's natural resources.

Did you know that a few drops of lavender oil can be added to your kids' shampoo to protect them from head lice? Or that a drop of clove oil mixed with orange oil can relieve a mind-numbing toothache? Common, everyday problems such as nausea, dry skin, and insect bites to more serious issues like migraines and arthritis are included along with all-natural remedies that are simple and accessible.

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