

Gratitude Soapery Description: This essential oil blends handbook features several pages to record your blends, purpose of each oil, safety of each individual oil, ratings, notes, favorites, how they make you feel pages, wish list, track of carrier oils, scents, benefits, and so much more! You will not be disappointed with how useful this handbook will benefit for your love of oils. Since this journal notebook is sized at 6x9, it's extremely portable to carry around in your pocket! Makes a great gift for soap makers, cosmetic crafters, herbalists, artisans, or anyone who uses or sells essential oils. Cover: Soft matte non-reflective paper cover offers a muted look with a smooth velvety texture. Dimensions: 6 x 9 in (15.24 x 22.86 cm) Interior: 120 pages printed. Quality paper and works well with many types of writing tools including ball point pens, gel pens, felt tip pens, and pencils. Binding: High quality perfect (won't lay flat) paperback binding. 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This thorough guide profiles 375 different essential oils according to botanical family, habit and growth, chemical components, and actions. Historical notes and lore, often from Chinese alchemy as well as western botanical sources, are featured. Essays on evergreens, lavender, chamomile, jasmine, and more fill out important categories. Graceful botanical illustrations illuminate the text. Description: This essential oil blends handbook features several pages to record your blends, purpose of each oil, safety of each individual oil, ratings, notes, favorites, how they make you feel pages, wish list, track of carrier oils, scents, benefits, and so much more! You will not be disappointed with how useful this handbook will benefit for your love of oils. Since this journal notebook is sized at 6x9, it's extremely portable to carry around in your pocket! Makes a great gift for soap makers, cosmetic crafters, herbalists, artisans, or anyone who uses or sells essential oils. 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ABOUT THE AUTHOR: Leading a healthy family lifestyle has been a priority for Christopher for as long as he can remember. His parents were California Hippie Christians who converted to Catholicism in 1988. Christopher remembers his mom baking bread, making yogurt, and fixing salad every night for dinner. His wife, Katy, took up the baton and has faithfully researched good health and wellness practices for the family since they were married in 2007. When Katy and Christopher were introduced to Young Living in 2012 by their holistic M.D., they found essential oils were the perfect complement to the balance they were already striving to achieve with their health.Christopher holds a B.A. in Theology, history, and philosophy from Franciscan University of Steubenville in Ohio. Teacher, coach, and freelance author, he is the editor of the online blog, "A Christian's Guide to Essential Oils". Christopher's published editorials, interviews, and essays on Christian culture have been featured in Catholic World Report, National Catholic Register, Free Republic, Orthodoxy Today, Sophia, RISU, and First Things. Along with other human staples like wheat, water, milk, and salt, Jews and Christians have been using olive oil and aromatic oils for thousands of years. The way oils have been used has fluctuated from age to age according to local resources and tradition, but oils have been a part of everyday life for Catholics since the time of Jesus. Excerpt from the first chapter: "Jews and Christians have used oils throughout history in liturgical services as well as at home - for ritual ceremony, food, health, and wellness. Modern Catholic oil users are no exception in that we utilize oils with our own unique style and flair. If you thought there were already enough oddballs in the world, don't forget about us! We're the ones carrying around aroma-rock rosaries and who have children that sneak holy water into the essential oil diffuser at home. We put pepper essential oil on our grill steaks and spike our Glühwein (mulled wine) with cinnamon, nutmeg, and orange essential oil during Advent and Christmas. You can spot our houses on the block by the Mary statue in the front yard or the Christmas lights we leave up until the end of the Christmas season - February 2nd. We walk around on Ash Wednesday with ashes on our foreheads and then it's fish sticks with lemon oil on Fridays and no sweets or booze until Easter! We don't think twice about putting Young Living copaiba essential oil on our teething baby's gums, because we know it must work at least as well as the Irish-whiskey grandma put on ours at that age. We love to use essential oils in bed, but only if you're married, otherwise you better go to confession!... Description: This essential oil blends handbook features several pages to record your blends, purpose of each oil, safety of each individual oil, ratings, notes, favorites, how they make you feel pages, wish list, track of carrier oils, scents, benefits, and so much more! You will not be disappointed with how useful this handbook will benefit for your love of oils. Since this journal notebook is sized at 6x9, it's extremely portable to carry around in your pocket! Makes a great gift for soap makers, cosmetic crafters, herbalists, artisans, or anyone who uses or sells essential oils. Cover: Soft matte non-reflective paper cover offers a muted look with a smooth velvety texture. Dimensions: 6 x 9 in (15.24 x 22.86 cm) Interior: 120 pages printed. Quality paper and works well with many types of writing tools including ball point pens, gel pens, felt tip pens, and pencils. Binding: High quality perfect (won't lay flat) paperback binding. 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The second edition of this book is virtually a new book. It is the only comprehensive text on the safety of essential oils and the first review of essential oil/drug interactions and provides detailed essential oil constituent data not found in any other text. Much of the existing text has been re-written, and 80% of the text is completely new. There are 400 comprehensive essential oil profiles and almost 4000 references. There are new chapters on the respiratory system, the cardiovascular system, the urinary system, the digestive system and the nervous system. For each essential oil there is a full breakdown of constituents, and a clear categorization of hazards and risks, with recommended maximum doses and concentrations. There are also 206 Constituent Profiles. There is considerable discussion of carcinogens, the human relevance of some of the animal data, the validity of treating an essential oil as if it was a single chemical, and the arbitrary nature of uncertainty factors. There is a critique of current regulations. Description: This essential oil blends handbook features several pages to record your blends, purpose of each oil, safety of each individual oil, ratings, notes, favorites, how they make you feel pages, wish list, track of carrier oils, scents, benefits, and so much more! You will not be disappointed with how useful this handbook will benefit for your love of oils. Since this journal notebook is sized at 6x9, it's extremely portable to carry around in your pocket! Makes a great gift for soap makers, cosmetic crafters, herbalists, artisans, or anyone who uses or sells essential oils. Cover: Soft matte non-reflective paper cover offers a muted look with a smooth velvety texture. Dimensions: 6 x 9 in (15.24 x 22.86 cm) Interior: 120 pages printed. Quality paper and works well with many types of writing tools including ball point pens, gel pens, felt tip pens, and pencils. Binding: High quality perfect (won't lay flat) paperback binding. 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Essential oils were used globally as a folk medicine for the treatment of a number of diseases because of the high content of natural compounds. Therefore, this book looks at research topics dealing with isolation, purification, and identification of active ingredients of essential oils from plants. This knowledge will provide significant information about essential oils to researchers and others interested in the field. Description: This essential oil blends handbook features several pages to record your blends, purpose of each oil, safety of each individual oil, ratings, notes, favorites, how they make you feel pages, wish list, track of carrier oils, scents, benefits, and so much more! You will not be disappointed with how useful this handbook will benefit for

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