



# Quick Reference Guide for Using Essential Oils

*Connie Higley; Alan Higley*

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# Quick Reference Guide for Using Essential Oils

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## **Quick Reference Guide for Using Essential Oils** Connie Higley; Alan Higley

Comprehensive information about pure, therapeutic quality essential oils in a readily accessible, reference guide format. Designed as a pocket guide for convenience, the Quick Reference Guide for Using Essential Oils contains the last section, "Personal Guide", of the large Reference Guide for Essential Oils plus the Vita Flex Feet 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. With information on over 650 health conditions, it is probably one of the most comprehensive and concise books of its kind on the market today. The new 2014 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. Size: 490 pages; 6½" x 6" x ¾" (with spiral bounding). Published in 2014.

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