



Essential Oil Recipes: One Drop at a Time

Brandy Jones Arnold

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If you want to gain a deeper knowledge of how to use Young Living Essential Oils, this book belongs in your collection. One of the most delightful surprises as an essential oil user is the constant discovery of how many wonderful uses each essential oil is capable of. The magnitude of this knowledge and the search for effective recipes can be somewhat overwhelming at times, for both beginning and seasoned Oilers. This book is a culmination of the "Best-of-the Best" recipes used successfully by select members of the Young Living Organization that I belong to. This 92-page book includes a Frequently Asked Question section, and covers a wide array of topics with approximately 275 recipes in an easy to use layout, with room beside each recipe, as well as blank pages in the back of the book, to note your own modifications and experimentation. This made-with-love book is a wonderful resource designed to free beginners from intimidation and feelings of being overwhelmed, as well as allow advanced essential oil users to broaden their experimental oil horizons. Wellness • Immunity • Respiratory Support Concentration • Increase/redirect Focus • Improve Concentration Mood Enhancement • Stress Management • Happy/mood lifter • Energize Bedroom • Aphrodisiac • Lubricants • Sweet dreams • Relaxation Beauty • Face wash • Toner • Moisturizer • Lip balm • Microdermabrasion • Trouble skin Hygiene • Deodorant • Hand Sanitizer • Soaps Men • Beard • Aftershave Kids • Scented Finger Paint • Therapeutic Play dough • Owie help • No More Missing Mommy Cleaning • Household cleaner • Carpet Freshener • Room Freshener • Dusting Spray Cooking • Popsicles • Infused Apples • Dips • Ginger bread people • Cookies

DISCLAIMER: This document is a compilation of recipes used successfully by persons who use Young Living essential oils, a company which is "proud to set the standard for essential oil purity and authenticity by carefully monitoring the production of [their] oils through [their] unique Seed to Seal process." The willingness of individual users to share these recipes is very much appreciated. However, contributors to this book and myself included are not medical practitioners and cannot diagnose, treat or prescribe treatment for any health condition or disease. Before using any alternative medicines, natural supplements, or vitamins, you should always discuss the products you are using or intend to use with your medical practitioner, especially if you are pregnant, trying to get pregnant or nursing. All information contained within this book is for reference purposes only, and is not intended to substitute advice given by a pharmacist, physician or other licensed health-care professional. As such, we are not responsible for any loss, claim or damage arising from use of this

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