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12 Powerful Essential Oils for a Healthy Life

Chas R. Harrison

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This is a book about 12 special Essential Oils. It is also a **guide** on their uses, precautions, benefits, origins and many other things. There is a **cross reference guide** in the glossary to quickly identify that perfect oil for whatever problem you might have. The book is primarily geared towards **newer users** wanting to get their feet wet.

For the sake of brevity this book has been kept as short as possible, yet long enough to still "prime the pump" with useful information and passion. I know if you start integrating these oils into your daily life you will be greatly **rewarded for your effort**. They are so simple and pure, yet **powerful and effective**.

Stopping at 12 oils was difficult. There are really at least 12 more that could easily be added. Not going on and on about each oil was difficult. Lists of recipes and uses can get long so **rambling fill matter** has been minimized.

I hope you enjoy the book and if your new to essential oils, I hope this **ignites a desire** in you to try these oils. You'll be glad you did.

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