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Reference Guide to Essential Oils

Connie and Alan Higley

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From the back of the book:
This updated and expanded edition contains the following:
- Comprehensive information on over 105 single oils
- An expanded list of over 150 commercially available products that contain therapeutic quality essential oils, including blends, personal care products, bath & shower gels, bar soaps, tinctures, massage oils, food supplements, and vitamins
- Photo illustrations of the Vita Flex and Raindrop techniques
- A comprehensive index of all products and health conditions

Its easy-to-use reference guide format makes this book one of the best resources for beginner and seasoned veteran alike.

This book is dedicated to D. Gary Young, N.D. as a tribute to his vision of health for all who will embrace the oils and use them to their fullest potential. Dr. Young is one of the foremost experts on the organic cultivation, distillation, and clinical use of essential oils in North America. His unwavering passion for maintaining the highest quality in his products has produced some astounding healing results. We applaud his heroic and often solitary effort to continue proving, by clinical study, the efficacy of essential oils as indispensable tools for combating disease.

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