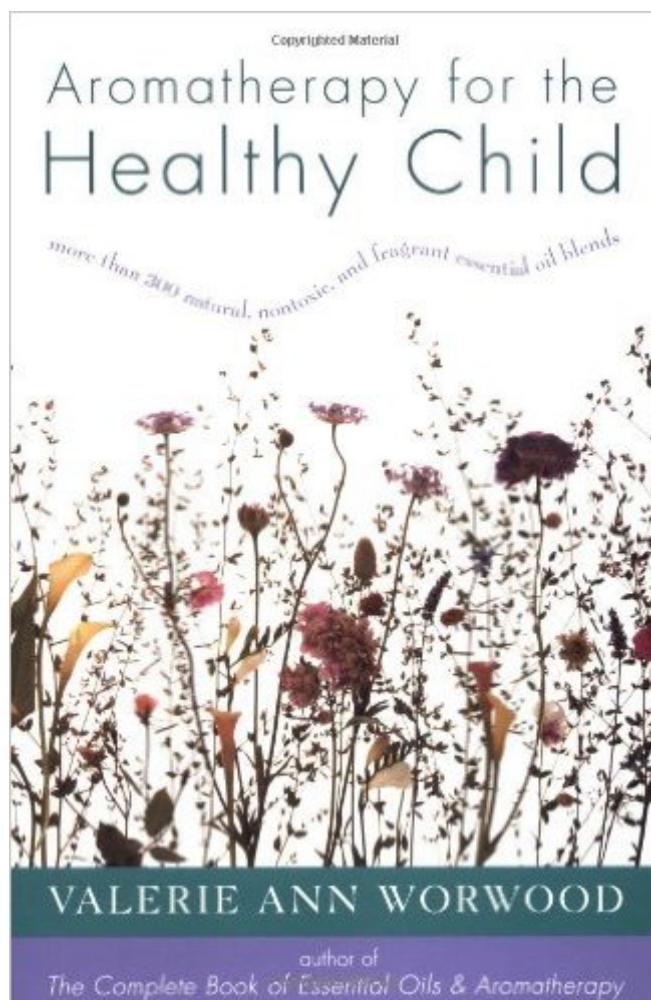


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# Aromatherapy For The Healthy Child: More Than 300 Natural, Nontoxic, And Fragrant Essential Oil Blends



## **Synopsis**

This reference shows how essential oils can help parents raise healthier, happier children. Chapters cover every age from newborn to teen with aromatherapy remedies for typical problems--from diaper rash to bedwetting to asthma. The book features information for pregnant mothers and physically challenged children and appendices with reference charts, safety data, and supplier information. This is a valuable book for every concerned parent.

## **Book Information**

Series: More Than 300 Natural, Non-Toxic and Fragrant Essential Oil

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Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ  (78 customer reviews)

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## **Customer Reviews**

This book is astoundingly thorough and complete. I cannot say enough good things about it. It covers just about every childhood ailment you can think of, and ways to treat it with aromatherapy. And not just the typical massage oils and room scents. This book goes into hydrosols, essential oil waters, and the best carrier oils to use on kids. It covers every single thing you need to know to start using essential oils on your child. Not only that, it has dietary recommendations, mental health blends for the kids, and just good advice in general. It has a wonderful A to Z section of ailments that includes detailed explanation of the symptoms, cause, and treatment. This book is just great. It even has a small section on kids who have special needs. Everything is detailed perfectly. The layout is easy to follow and conditions or information can be swiftly looked up. If you have kids, you really should get this book. It is so informative and easy to read. I just can't say enough good things about this book.

This book is an indispensable guide for every parent who thinks pro-actively about their children's long-term physical and mental health. Powerful, yet safe, aromatherapy is a sound way to treat everything from influenza to sunburn in children. Many complaints such as aches and coughs that might otherwise have to wait for a visit to the doctor can be addressed immediately at home, using the healing power of nature.

I took an aromatherapy weekend seminar as an introductory to this fascinating subject. Was I surprised as to how interesting and versatile aromatherapy is. As a mother of 4 young children, I have always used natural medicine as a first priority and this has saved us many trips to the doctor and many doses of unwarranted antibiotics. I did not realize the potential that essential oils possess until I took the seminar. I bought this book after I took the seminar and have used it lots especially the oil blends for respiratory problems. I also have used her other book called The Fragrant Pharmacy and this book is LOADED with information. This lady knows her oils and is one of the best there is. You won't regret buying it!

I Love this book, I use it for all members of my family. Its not just for kids, each blend can be used on anyone. I love the science of EO's, however this book doesn't offer that info on it, but does offer the **BEST BLENDS** I have ever used. I know what each oil does, and even when I am sure of what oils I am going to use I find myself opening this book and each oil I have thought on my own to use because I know how great it is for a certain condition, is the oils she has mentioned to use. Plus the ease of finding what you are need to a blend for is great. The A to Z type of format is wonderful. As I mentioned I am aware of each oil's chemical makeup and find this book to give the best oil for each condition. This is a **MUST HAVE**. You will be so PLEASED. Plus make sure to blend up the room disinfect spray. I love this spray and use it so often. BUY this BOOK you will always find yourself going to it.

The book seems to have a lot of useful information, but the table layout is horrible. It's impossible to be sure that 2 or more columns of text aren't mixed together. With a book that has recipes that you need to follow **EXACTLY FOR SAFETY SAKE**, this is a real problem! I usually prefer to buy Kindle books because they are based on a more universal platform, but this is one where the iBooks version is hands down better with not only its look, but most importantly, the table layout. I recommend the book, but not through Kindle.

If you buy this book you will for sure get your monies worth. It is a great book for those of us who are a littel worried about making suggestion to parents for using aromatherapy on their children. If you are new to aromatherapy be sure to include this book in your library. It won't stay on the shelf long; you will read it many times over. Great book. Buy it you won't be sorry.

The review by 'soufy' pretty much says it all so I won't elaborate too much more. But to add a couple of things...I got into EO's as a way to take care of my family. I have read or skimmed many books on EO's and while they have provided many recipes or provided a lot of the science behind EO's, none compare to this book in regards to the practical application of EO's in the home. This book gives you detailed info on the various methods for using EO's (something I haven't found anywhere else), how to set up your medicine cabinet, what to put in it, which EO's are safe at what ages, etc. In other words- for the beginner (me) or someone who doesn't have the time to research everything yourself (me!) and simply need some 'here is what to do' instructions-- this book is all you need! Like 'soufy', I can't say enough good things about it.

This book was worth the price for the "sniffles and snuffles" recipe alone! A single drop of that remedy and my chronically ear-infected, sinus infected child 18 month old easily without any cough syrup (which upsets his stomach violently). This book is an excellent reference for those wishing to use essential oils on children. It breaks the oils for use down by age and each recipe gives allowable substitutions, so you can tailor it for the child with whom you are working. I use both of Ms. Wormwood books extensively. She generously shares her knowledge and her craft.

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