

# **Download Essential Oils For Beginners The Essential Guide To Essential Oils And Aromatherapy To Improve Your Health Beauty And Well Being**

Essential oils are organic compounds extracted from plants with tremendous healing properties. Using essential oils for healing purposes is often called aromatherapy, which is a holistic treatment seeking to improve physical, mental and emotional health. Essential oils are a natural and safe way to improve your health, cure ailments, and soothe your body and mind. Essential oils come from natural sources, and have been used for centuries for medicinal and cosmetic purposes. 101 Essential Oil Uses for Health, Beauty, Home + More. What are essential oils good for? Well, here are the many essential oils uses for your body (including oral, hair and skin care), general health (such as for allergies, digestion and sleep), the home (DIY all-purpose cleaner, mold killer, etc.) and recipes (including healthy sweets!). For safety reasons, essential oils should not be applied directly on to the skin. This is where carriers come in which are oils, lotions or creams that are used to dilute essential oils before applying them to the skin. If an essential oil or blend causes irritation on your skin, immediately wash it off with soap and water, and then apply carrier to the affected area.