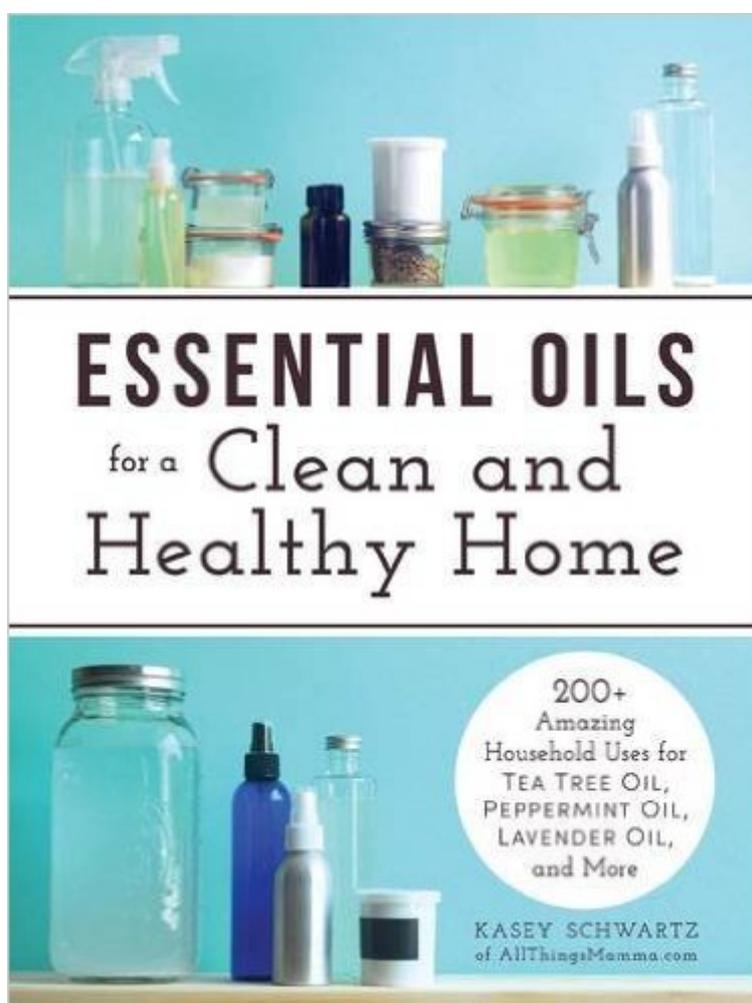


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# Essential Oils For A Clean And Healthy Home: 200+ Amazing Household Uses For Tea Tree Oil, Peppermint Oil, Lavender Oil, And More



## Synopsis

Discover the power of essential oils! From tea tree and lavender to lemon and peppermint, essential oils have been praised for their ability to clean and protect surfaces. *Essential Oils for a Clean and Healthy Home* teaches you how to use all-natural oils around your home, from cleaning kitchen appliances to disinfecting bathrooms to getting rid of pests and smells. Featuring step-by-step instructions and plenty of helpful tips, this book offers 250 essential oil recipes that help: Eliminate stains and smells from spills, smoke, pets, and more. Naturally repel mice, spiders, ticks, fleas, lice, and flying insects. Clean and maintain a variety of surfaces from wood to leather to granite. Safely disinfect toys and play areas. There's really nothing essential oils can't handle--from repelling ants, to removing rust stains, to eliminating smells in washing machines--and all without the need for dangerous chemicals. With *Essential Oils for a Clean and Healthy Home*, you'll discover all the benefits that a few drops of essential oil can bring.

## Book Information

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## Customer Reviews

This book, as the title suggests, is a recipe book for using essential oils around your home. Areas covered include: Pests, smells. Floors, walls, surfaces. Kitchen, bathroom, laundry. Kid and pet areas. If you don't want to read the whole review, here's the short version: It's a well organized and easy to read book of essential oil recipes. There are only a few main essential oils used, which is great for people that want to try recipes, but don't want to feel obligated to buy 200 different

essential oils to try 200 different recipes. Other ingredients used are ones you'll likely either already own or aren't expensive and will last quite awhile. However, there are some major safety concerns with some of the recipes and suggested dilution rates of essential oils. This is especially true in the Children/Pet chapter. If someone is unfamiliar with essential oils and their potential dangers, they could possibly unintentionally harm their child/ren, family, pets, or themselves with some of the recipes listed. Because this book contains so few safety precautions (and specifically in relation to infants, children, pregnant and nursing women) and a very incorrect dilution rate (page 19 of book) I wouldn't recommend this book, unless you really, truly know what you're doing and are avoiding or re-configuring recipes that aren't safe. Here's the long version:

**THE GOOD-** The book is easy to read and is well-laid out. If you're searching for a specific type of recipe, you'll find it with little effort.- Most recipes require only Tea tree, Peppermint or Lavender essential oil. So with only a few oils on hand, you can make lots of the recipes. Many essential oil books I've read require you to have lots of oils, which I'd expect many find prohibitive. Other essential oils required for some of the recipes are others that are typically easy to come by and not extremely expensive: Pine, Cedarwood, Eucalyptus, Rosemary, Citronella, Orange, Grapefruit, Lime and Chamomile (Chamomile being likely the most expensive of the oils used in this book).- Besides essential oils, other ingredients required for recipes are ones that may already have on hand (baking soda, white vinegar, rubbing alcohol, hydrogen peroxide, sugar, flour, rice, vodka, olive oil, lemon juice).- Some recipes include items you may not have on hand, but once you purchase them, they'll probably last for quite a few recipes (distilled water, apple cider vinegar, coconut oil, witch hazel, shea butter, beeswax, Epsom salts, borax, liquid Castile soap, Fels-Naptha soap, citric acid, vegetable glycerin, aloe vera gel). (I realize if you're a DIY / natural-type person, chances are you have many or all of those items, too.)- Recipes are short and simple to make once you have the ingredients. Many include how to store the item and how long you can expect it to last before it expires.

**THE BAD** This book doesn't follow general safety guidelines or talk about any of the precautions one should take when using essential oils, especially when babies and children are considered. There are descriptions above recipes that say things like "all-natural", "safe for your child" or "will help your baby relax". Just because that's stated, doesn't mean it's true or that the author is following any safety precautions. Essential oils are incredibly concentrated and should very rarely, if ever, be used without diluting them a LOT (using essential oils without dilution is also called using it "neat"). A very general rule of thumb for using essential oils topically is to use a 1.5-3% dilution of the essential oils in whatever carrier you're using. The dilution is often be much less for babies, children, pregnant and nursing mothers -- if any essential oils should be used at all. Carriers are what you mix the essential oil in to before application

and can include things like almond oil or fractionated coconut oil, distilled water, vinegar, Shea butter, beeswax. In Page 19 of this book under Essential Oil Safety Tips it states, "Always dilute essential oils with a carrier oil before putting them on your skin. A good guideline to follow is 1 drop of essential oil to 3-4 drops of a carrier oil, such as coconut, fractionated coconut, almond, grapeseed, or olive oil."

I've found "Essential Oils" easy to understand. That's important to me because I'm a beginner. I'm trying to remove as many chemicals from our home as reasonably possible. So for anyone who's never used oils, this book is a must. I also believe more advanced oil users will enjoy it too. "Essential Oils" covers about every area of your home. From walls and floors to the kitchen and playroom there's a recipe to replace nearly every toxic product in your home affordably and safely. I also noted that it's not brand specific. No matter what brand of essential oil you use, this book has you covered. If you've never used oils, it'll guide you how to choose the perfect brand by providing guidelines about what to look for in an essential oil brand ; the brands that are safe and the ones that are not very safe. I really liked how the author includes side notes and tips throughout the book. This feature really helped me understand the recipes and oils many uses. Each area is easy to navigate with the sections broken down into different parts of your home. Lastly, I especially like that you can follow up on recipes and essential oils by following the authors blog [AllThingsMamma.com](http://AllThingsMamma.com) and on social media where she shares even more recipes, info and tips. "Essential Oils" is a well written book I know you'll enjoy!

When I got this book it exceeded my expectations! It is FULL of recipes that indeed make life easier and even a few fun ones like scented play dough for the kids! This book , to date, is my most favorite essential oil book I own. Besides the amazing content it's beautifully put together and a price you can't beat! I'm a long term oiler and I'd recommend this book for anyone!

This book is amazing - packed full of recipe after recipe, all in one place. No more scrolling Pinterest to find that one recipe that will do the trick. It is clean, organized and easy to read and navigate. It will be the one and only DIY recipe book that you will need - I promise!

This book was VERY easy to read and understand - it essentially is a paperback of recipes that use Essential Oils. Many of the items you are likely to have at home already so buying additional items may not even be required. It's easy to reference, and even easier to understand as she wrote it in

simple form so even a beginner could try out some of the recipes. Love it, and would definitely consider getting several additional as "Oily" Gifts for people on my Young Living team!

I was surprised to get this book in the mail around Christmas time, and I love how easy it is to find just the right recipe for a cleaning job. Great book to have on your shelf if you're trying to live a more natural life, like I am.

This book was my favorite Christmas gift I received this year! It really is a must-have, whether you're new to essential oils or have been using them for years. It's very easy to follow, packed with information, and has every blend you could possibly need for a "clean and healthy home!"

Great resource to make healthy cleaning products with the ever so popular essential oils that we all love! There are recipes from everything from floor cleaners to personal hygiene. A MUST have if you use essential oils.

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Exchanges Cookbooks)

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