

CHEMISTRY ESSENTIAL OILS - QUICK REFERENCE GUIDE: Summary of Chemical Families, Properties, Actions & Effects (Healing with Essential Oil)

KG Stiles

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Chemistry is the science of aromatherapy. This brief explanation of the organic building blocks of essential oils is meant to be a helpful reference guide for having a basic understanding about the chemical make up of essential oils.

All of life is made of three elements carbon, hydrogen and oxygen. These three molecules are the components of every essential oil.

Based on their individual chemical makeup these three elements of essential oils can be divided into 12 Chemical families. These 12 chemical families tell us about the therapeutic properties, actions and effects of essential oils.

You can select essential oils based on their specific therapeutic chemical properties, actions and effects to formulate aromatherapy blends for healing specific conditions.

??In this quick reference guide to the twelve (12) chemical families you'll learn several of the specific properties, actions and effects of each of the twelve (12) chemical families, their archetypal pattern (typical area of use in aromatherapy) and alchemical or elemental power (primary or basic nature), along with a list of some of the most common single pure essential oils in each family.

"Chemistry Essential Oils," serves as a helpful guide for selecting essential oils as a healing tool by plant identification which includes their Latin name, preferred distillation method, part of plant used, and some of best locations for production.

You can also use, "Chemistry Essential Oils," as a quick reference for blending ideas and information on the healing properties for each chemical family.

Any cautions for each chemical family are also noted..

"I highly recommend this to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique." ~John L. Turner, MD,

"I can think of no one better to teach aromatherapy than KG Stiles. Her 30 years of experience combined with her passion to assist the personal growth and wellness of all is unsurpassed!" -Eldon Taylor, Ph.D. New York Times Best-selling Author

"It has been a pleasure working with KG Stiles. She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils. Thank you, KG!" ~Linda McGwire, RN, BSN, HNC-B

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Hope you love your LoveNotes as much as I enjoy creating them for you!

Aromatically yours, -KG Stiles, Author Certified Clinical Aromatherapist Founder PurePlant Essentials



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