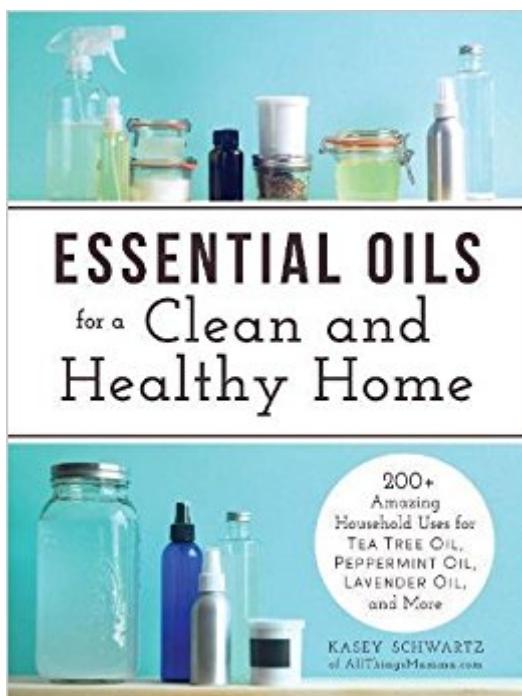


The book was found

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



## Synopsis

As seen on Today.com 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

Kasey Schwartz of All Things Mamma is no stranger to using essential oils. Kasey was first introduced to essential oils fifteen years ago while studying to become a massage therapist. She has since become an expert on using them in her home— from treating her family naturally for health ailments to cooking, cleaning, and household remedies. She now stays home with her family and blogs full-time. Her experience has landed her interviews for CBS's Family 411

weekly syndication and several local news stations. Kasey has also been featured on Better Homes and Gardens, Wayfair, Pretty Extraordinary, Scary Mommy, Momdot, Top Mom Blogger, Mom Talk Radio, and several other websites. She is the author of Essential Oils for a Clean and Healthy Home.

I love this book! I've begun to clean with natural solutions and slowly eliminate the commercial cleaners. I cannot believe I was suffering all these years with commercial cleaners that burned my eyes, skin, nose and throat. And these natural solutions work better than the commercial stuff! The recipes call for items you can get any grocery, general store in your area. I recommend reading this book. You'll likely find at least a few recipes in here that will allow you to save far more money than the price of the book. I would also like to note that the author does not include recipes with excessive amounts of essential oils which could be harmful. Before I make any EO solution, I verify the dilution safety precautions noted in Dr. Tisserand's book, "Essential Oil Safety." Sadly some authors are irresponsible with the level of EOs they include in their recipes, but I find this book to be safe and helpful.

I have big collection of essential oil. I was facing bit difficulty how to mix oil in what and how to make cleaning solution. Now making cleaning solution is so much easy for me. This book helped me a lot and I am using this book everyday.

This book of recipes is excellent, because you only need a few essential oils but have numerous applications. Other books require too many essential oils for basic applications, and that can get expensive quick. This book has basic, simple recipes that are efficient.

Simplistically informative....so easy anyone can use essential oils to make products at home.

This is simply a well written and informative guide to using essential oils. I saw this on YouTube and highly recommend it.

if you don't want to use harsh chemicals then this book of recipes is for you and my family with allergies really appreciates it

Great book with many recipes for using essential oils in our everyday lives. it's a keeper!

When I checked this book out of the library, the library commented "that's a great book", and she was right. Easy to understand and recipes for every day use.

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