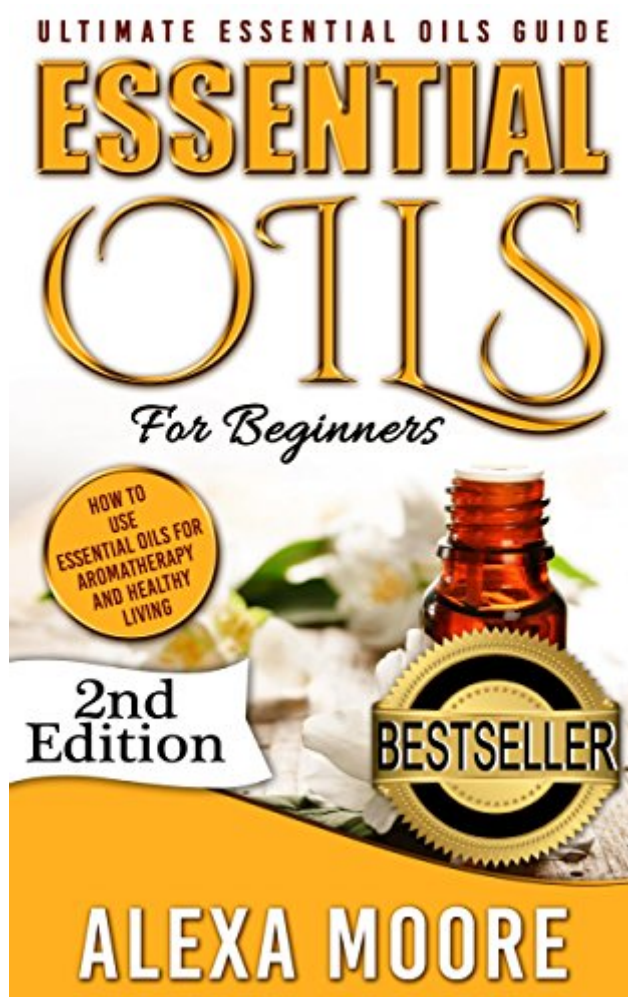


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Kindle has become the go to spot for various books on the subject of essential oils. Nearly every book claims to be the "ultimate guide" in some way or another. The problem is, you will likely get a book that is full of ways to mix the oils or a book that is full of information that reads more like a glossary than a guide. This book had a few good and bad surprises for me in both categories. Guide InformationI was slightly disappointed in the actual guide portion of this book. To be honest, they didn't cover the questions that people coming into essential oils really want to know. They covered a lot of basic information that most websites and books already have. If you are going to have an "ultimate guide," I want to see something new and different. I want to see something I can't find anywhere else. I want to have some questions answered like "How do I know an oil is a real oil and not synthetic or mixed?"I will say the guide is decent for newcomers and it does cover some basic information. It just doesn't fit what I would want to see in a true "ultimate" guide.The "Recipes" This is the part of the book I really enjoyed and did find a few surprises in. Most guides will give you ways to mix your essential oils in diffusers or in bath salts. This guide actually gives recipes for backache relief, perfume blends, massage blends, and a sauna blend that is ideal for congestion. Those are not recipes a beginner may find immediately. There are your typical bath salt recipes, but they are detailed and do cover more than just mixing the oils in. Things I Missed in this BookI always try to add a bullet list of the things I wish a book had covered, or items that were missing.

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