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The Essential Oil Truth Second Edition: the Facts Without the Hype

Jen O'Sullivan

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When it comes to essential oils, it seems that everything is always one-sided, usually with a major slant toward one specific brand. There is a lot of misinformation, speculation, and assumption going around, as well as a lot of bad advice given by people who never did their research. This book comes at it from a neutral perspective, without all the hype, in hopes to dispel some of the myths and rumors about essential oils. The Essential Oil Truth will help you gain a greater understanding of the true nature and beauty of essential oils and their proper use for your everyday life. This second edition of The Essential Oil Truth gives you more clarity and extended content with beautiful black and white imagery and an updated cover.

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