



The Lazy Girl Guide to Essential Oils (The Lazy Girl Guides)

Erica Johnson

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Now including FREE printable essential oil recipes! Aromatherapy--the lazy girl way! I'm sharing my favorite essential oil recipes, easy lazy girl aromatherapy tips, and simple essential oil techniques. Care for your health and your body naturally and simply, without any chemical additives. Let me share my lazy girl tips and tricks of essential oils with you!

Use simple essential oil misters, try my lazy girl skin toner and essential oil facial mists, and whip up easy aromatherapy gifts or pampering self care bath salts and lip balms for you, friends and family! Give the gift of natural beauty and natural oils this year!

Read the most helpful guide on the top 32 essential oils on the market today with descriptions of both how they smell, their therapeutic essential oil properties AND how to use them. Great resource of essential oils for beginners.

And now, I'm including my favorite essential oil recipes for beauty, natural skincare and aromatherapy relaxation. Try these essential oil blends for stress relief and anxiety, my "Clear Focus" essential oil blend, My "Immunity Boost" essential oil blend, Pumpkin Pie Spice, Winter Spice, Rustic Forest essential oil blend, and my Bug Spray Blend.

Chapter 1: Introduction to Essential Oils

Chapter 2: Air Freshener/Linen Spray/Clothing De-Wrinkler

Chapter 3: Pre-Poo Bathroom Saver

Chapter 4: Skin Toner and Facial Mists

Chapter 5: Room Diffusers

Chapter 6: Bath Salt

Chapter 7: Lip Balm

Chapter 8: Add to Your Favorite Lotion, Hand Soap, Shampoo, Conditioner--Whatever!

Chapter 9: Descriptions of Popular Essential Oils

Chapter 10: My Favorite Essential Oil Blends

Final Words

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