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# Essential Oils Summer And Winter Recipes For Weight Loss: Nature's Best Kept Secret For Weight Loss And Balanced Health



## Synopsis

Summer and winter can be harsh seasons depending on your lifestyle, at least for your skin. In winter, the weather is cold, dry, and unforgiving. In summer, it can be hot, humid, and very sunny. Most of us love to be out in the sun, sunbathing, and enjoying life. Yet, there are always the worries that our skin can be damaged by the sun. For those who gained the holiday weight and have not lost it during the spring, it is embarrassing to sit on a beach in a bathing suit. You no longer have to feel embarrassed or worry about the different seasons. You have a guide at your fingertips that will teach you how to use essential oils, what not to do with essential oils, and their benefits as relating to your entire body's health, as well as weight-loss benefits. Do not worry anymore. Follow the recipes as outlined in the four recipes chapters, where you will discover 40 total recipes. There are 10 specific recipes for winter, summer, weight loss, and overall health. You also have an extensive guide to learning how and why you should be using essential oils. Here is a preview of what you'll learn: Essential Oils were part of Ancient Chinese Medicine The different ways of using essential oils Practical usage for Weight Loss and Health Essential Oils Recipes for Summer, Winter, Weight Loss and Health And much, much more!

## Book Information

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## Customer Reviews

I decided to try to find a book to learn about the different uses for essential oils and purchased Essential Oils for Summer and Winter Recipes By Ginny Wesley. This book is great for beginners and it's filled with not only Chinese history, review of body systems, benefits of the uses of oils and various recipes . It explains how essential oils can benefit physical and mental health. With summer

just around the corner and coming out of the winter weather it can be harsh on our skin. She explains what oils are good for what season. This is a very good starter book for anyone interested in oils and I'm very pleased with it. I downloaded it on my kindle so I didn't have to go out to find the book or wait for it to come in the mail. This is my honest opinion and review of this book.

A really good book. There are 40 great recipes in this book. I loved how the author explained the benefits of essential oils and why we need them. They are classified into those for summer time and winter time. Also essential oil recipes for weight loss are also given. This is very well explained and easy to follow book. I recommend this to anyone who wants to start a healthy diet.

Really quick reference guide, I am new to essential oils and love how easy this book is to reference. It has an easy format and is broken down into easy to reference chapters. Super quick eBook with lots of useful information. I liked that the author kept her ingredients simple and realistic. This book offers simple recipes to help the reader get started.

Essential oils are getting famous these days for treatment to whatever disease we can get. It was already proved also that it is effective. I like the author here because she was honest on what not to do with it so that we can be fully aware. Of course, there will always be cons if there are pros in certain products.

The book considers human body as a whole and teaches how to make most from using oils by applying, inhaling and ingesting them. The book gives numerous recipes how to use various oil for compounding mixtures to heal different ailments. Stress, weight, skin and other problems can be cured by oil. I found reading easy and informative.

This is a great book for using essential oils--not just for the recipes, but for an overall reference book, as well. Being an essential oil "newbie," I have been doing research on the internet. And as you know, on the internet, not everything you read is true. It is great to have this book on my kindle, so that I can quickly look up information, no matter where I am. I like that it has an introduction to essential oils, along with the do's and don'ts of using essential oils. I have worried about whether or not I was using them properly, and this book helps with all of that. I didn't really know how to use them properly, and all the other things that go with it, like: "What is a diffuser?" "Is it ok to mix the oils together to change the scent?" "Can oils be ingested (swallowed)?" This book answers ALL of

those questions. It also tells me about the benefits of using essential oils, and how using essential oils can help with weight loss!!!! Who knew? I will definitely be trying that out! There are also chapters with recipes in them, for summer and winter, as well as for weight loss and health. Overall, I found this book to be very helpful, and easy to read. It is a welcome addition to my library, and I think I will be referring to it for years to come! Disclaimer: received this product deeply discounted in exchange for my honest and unbiased review... All opinions are that of my own from my use of the product and personal experience.

Being a newbie to working with essential oils I'm always looking for good information on how to mix the oils and what oils are useful for certain things. I found this book very informational and very entertaining. I liked the beginning where she tells the history of the use of herbs and oils in China dating back 3000 years. This book is a nice short read at 45 pages but it is packed with a ton of information. Identifying the different ways you can use these oils like inhaling with diffusers, topical, bath soaks and teas. There are many recipes included that I find very useful and very easy to follow touching on quite a few topics. I can't wait to try some of the bath bomb recipes for weight loss and the natural tanning lotion. I will be keeping this book handy this summer and feel I will be getting a lot of use from it. I would recommend this book to anyone interested in essential oils whether you are a beginner or an old pro.

I am highly thankful to the author for writing such a great book. This book is a very well written wealth of useful information regarding essential oils and homeopathic remedies for everyday health and weight issues. I bought this one for my mom, she is a nice cook and always trying something new and special. These dishes are specially designed for cooking during Summer and winter seasons. We are suffering the lack of oil in skin in those seasons. These recipes are capable for maintaining and regulating oil contents. This book teaches you how to use essential oils, what not to do with essential oils, and their benefits as relating to your entire body's health, as well as weight loss benefits. This book is very easy to read and understand, it is not very long either. It took me about 2 hrs to read. This book is awesome and it is helping to learn more about these valuable natural resources.

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