



Quick Reference Guide for Using Essential Oils

12th Edition 2010

Connie & Alan Higley

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Designed as a pocket guide for convenience, the Quick Reference Guide for Using Essential Oils contains the last section, "Personal Guide", of the large Reference Guide for Essential Oils plus the Vita Flex Feet Chart and other summary information. It is the perfect pocket guide to using pure, therapeutic quality essential oils and other commercially available products that contain pure essential oils. With information on over 650 health conditions, it is probably one of the most comprehensive and concise books of its kind on the market today. The latest edition of the Quick Reference Guide for Using Essential Oils includes: • New product information that was introduced at the Young Living Essential Oils Annual Grand Convention. • Photo illustrations for the Raindrop Therapy techniques • Photo illustrations and Hand Chart for the Vita-Flex technique These books are bound with a plastic spiral binding. This type of binding is very durable and allows the pages to lay flat- facilitating the use of these books during the application of oils. AUTHOR INFORMATION Connie Higley has had a fascination for natural healing methods, relying on herbs and herbal remedies for much of her life. Always interested in natural ways to help maintain the health of her family, she has studied Educational Kinesiology and attended several lectures and conferences on natural healing methods. As a devoted mother, Connie became excited about the possible uses of essential oils when she learned about the therapeutic and emotional effects that could be achieved by topical application and inhalation as opposed to ingestion. The growing demand for this information has evolved into this book and others. Because of Connie's tremendous desire to help others by providing needed, well-organized information, she summoned the help of her husband, Alan, and together they continue to research and expand this vital information.

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