



Just the Essentials: How Essential Oils Can Heal Your Skin, Improve Your Health, and Detox Your Life

Adina Grigore

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The author of *Skin Cleanse* returns with a comprehensive guide to the ultimate ingredient for living an all-natural, plant-based lifestyle: essential oils.

For millennia, essential oils have played a key role in health and beauty rituals. From references in the Bible (frankincense and myrrh) to Hippocrates (who documented the effects of oils from over 300 plants) to Ancient Egypt (Cleopatra pioneered the use of fragrance), essential oils have been revered throughout human history for their healing powers and their unparalleled scent.

But in modern times, they've often been misunderstood, underappreciated, even cast as "dangerous"—and relegated to the dusty shelves of health food stores. That is, until recently. Today they're back in the spotlight as increasing numbers of consumers are looking for all-natural alternatives to skincare products and opting for fragrance-free detergents and soaps, natural remedies for common ailments, and toxin-free home cleaning solutions.

Enter Adina Grigore, owner and founder of the wildly popular all-natural skincare line SW Basics. A former essential oil skeptic, Grigore learned everything she could about these potent plant-based compounds when she began formulating her products. And what she learned was that essential oils are some of the most powerful, healing, health-promoting compounds found in nature. That, and they smell pretty great too.

In *Just the Essentials*, Grigore offers a 21st-century guide to these ancient oils, offering a fresh, fun, and authoritative overview of what they are and how they can be easily incorporated into anyone's life. From plant-based medicine to all-natural skincare to safer and cleaner household products to aromatherapy, this handy and entertaining guide provides detailed advice for a wide array of oils, safety guidelines, and a range of do-it-yourself recipes to get started. Inside you'll discover such fun facts as:

Tea tree oil is a powerful antibacterial that is proven to be as effective for treating acne as benzoyl peroxide; it also kills oral bacteria and is a life-saver for tooth infections.

Cinnamon oil is a circulation-booster that helps to ease everyday aches and pains as well as headaches (even migraines).

Peppermint oil is brimming with antimicrobial properties; peppermint oil can be used for everything from alleviating digestive problems to cleaning your kitchen counters.

With lists of the best oils for beginners; instructions for diffusing and safe handling; and DIY recipes from dish soap to toothpaste to facial masks, *Just the Essentials* makes it easy and enjoyable to reap the many benefits of these pure plant extracts.

Just the Essentials: How Essential Oils Can Heal Your Skin, Improve Your Health, and Detox Your Life Details

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From Reader Review Just the Essentials: How Essential Oils Can Heal Your Skin, Improve Your Health, and Detox Your Life for online ebook

Carrie Schmidt (Reading is My SuperPower) says

I've been wanting to explore essential oils for a while now but I have absolutely no idea where to start. Which oils are best for the inflammation I want to get rid of? What's the best way to use essential oils? Do I use all the oils the same way? Just the Essentials answers these questions and gives a basic overview of several other aspects of essential oil use – as well as DIY recipes and tips.

Grigore's style is engaging and easy to read, and the book is laid out in such a way that makes it a good go-to reference to have on hand. I also really loved the illustrations peppered throughout the book, in the same style as the cover. The chapter called The Beginner's Top Ten is a really helpful resource for newbies like me who are just starting out, but Just the Essentials also has some recipes that I think would appeal to the more experienced at essential oil use as well.

Bottom Line: Whether you are an essential oils beginner or if you have your fave supplier on speed dial, Just the Essentials is a good book to have around. It's easy to follow and fun to read, and it's clear the author knows what she's talking about. I'm looking forward to using this guide as I start my own journey with essential oils.

(I voluntarily reviewed a complimentary copy of this book.)

see my review at [Reading Is My SuperPower](#)

Stacy says

This book is different than many other essential oils books in the market in that it's written in a conversational, friendly tone. Instead of a dry catalog of oils, properties, uses and recipes, this is a book that seeks to engage the reader. For those that want to know more about oils but get depressed when they see shelves full of books with bulleted lists and latin words, this is a great option. For those that prefer straight knowledge without puffery, this isn't the right book. If you are an essential oils geek that wants to convert the entire world and you have a friend that thinks you are crazy, this could be the book to loan to them, which would make this a good addition to an essential oils library.

Kelly Schulze says

This is a quick & easy read about essential oils and their usage, history and some DIY's included. I loved Adina's take on some things; like ingesting oils. I also enjoyed how she included some warnings and also gave some tips for knowing if it's a good quality essential oil vs a low end essential oil. This book was super helpful!

Erin says

I haven't read Grigore's "Skin Cleanse" yet, but both of these were recommended from The Wellness Project, and I really like Grigore's approach to her skin, essential oils, and her writing style. The book was modern, fun and easy to read, while still being informative. And it helped jump start my interest (again) in essential oils, which I've owned for a while, but I had put away my diffusers and EOs. But they're back out now! There wasn't a whole lot of magical new material in this book (you can only say so much about EOs that others haven't said), but I enjoyed her writing and it's a great book for beginners.

She provided a bunch of recipes, but I'm greedy. I wanted more!

Next up: Skin Cleanse

Jessica says

I think there is some good information in here, but the writing style obscures it a bit. The author tries to convey this information in a way that is akin to pop culture, and I found this to be a bit distracting. I'm sure some people resonate with this style of writing, but I found it to be rather distracting.

Abby says

I enjoyed reading this book and learned so much about essential oils. I've been using EOs since 2014 but still am not very confident in knowing that I'm selecting pure oils. I know what to look for now and what to research. I found this book to be easy to read, fast moving, but insightful too. I checked this out from the local library but plan to get my own copy as it is a great reference book and has several DIY tips and recipes. Just the Essentials answered so many questions I had on EOs!

Terri Palermo says

Really, really like this book, in every regard: the writing style, the easy way all the wonderful information is shared, the author's humor...just everything!

Such a great and complete history on everything oils and all sorts of creative DIY recipes and ideas.

LOVE this book!

Kim says

Great beginner book, feel like I can now invest in some essential oils and not waste my money. Knowledge saves time and money!

Nancy says

First, I want to say I won this book on Goodreads. Second, I am glad I did. I am new to the world of essential oils. Even though I have heard many wonderful things about essential oils, I never got past the conversations. This book gave me an opportunity to dive in and get educated in an fun, easy to understand way, with charts and pictures, minus all that scientific stuff that makes me snooze. I love the fact that the author uses simple recipes and encourages the reader to experiment with different oils. The Moisturizing Spot Treatment recipe was made with ingredients from Target! How can you not love that?!

Joanne says

I absolutely loved this book! She was so fun and engaging. I'm really excited to try some of her EO recipes. I definitely recommend this book to anyone who wants to learn about essential oils or even if you know a bit about them. I will be buying this one to have on hand.

Just Commonly says

3.5

I've been interested in essential oils since I've read a bit (passing comments) about it in other books or magazines. I've had other friends that have just recently gotten into it. So I'm naturally curious as to what essential oils are and how can it provide "improvements" in a variety of areas in your life. Just the Essentials by Adina Grigore is a great start for any newbie like me. Honestly, I know nothing about it, except what I've heard or read in passing. With a simple introduction, a history lesson and the commercial use of essential oils in our every day products, this was a great start.

Just the Essentials is not only for newbies, I think it would be beneficial to experience users as well, since it includes a breakdown of the types of oils and which oil for what uses. Also, there is a section for DIYers to play with, recipes that harness the use of essential oils and for different types of ailments, skin conditions or home aids. There's even a little tidbit of what is harmful, such as for expectant mothers. Personally, I think the "Beginners' Top Ten" section was the one I looked into more. Great for beginners to play with or consider making our own products. In all, a fairly comprehensive book in just about 193 pages (might change, since it is an advance reader's copy that I've read for this review), and a book I know I'll refer to, at least the uses of each type of oil.

This review first appeared on Just Commonly blog.

Disclaimer: I received an ARC of this book from the author/publisher. I was not required to write a positive review, and have not been compensated for this. This is my honest opinion.

Kristina says

This book was a quick and easy read with a ton of essential oil recipes to try out. I learned a few things and have a better understanding of EO now. The author is amusing in her writing and breaks down EO into basics that anyone can delve into.

Laura says

It was such a good book! I ended up buying a lot of the oils she recommended for beginners. I had rented it from the library but found that I needed to purchase it to keep on hand. Lots of great used for oils too.

Brittany says

A lot of great information presented in an easy to read and understand way. Anxious to get my hands on a copy for my own personal use and reference (borrowed this particular copy from the library)

Mary says

If you want to get into essential oils, this is a great book to have. Lots of good information for beginners and some simple recipes. Also the list of the author's favorites is helpful and her mention of certain oils that aren't good for around young children was nice. I also loved her easy, conversational style of conveying information.

I gave this four stars instead of five because there is no mention of using essential oils around pets and how certain ones can be especially toxic for cats because of how their livers work. I also wish there had been less recipes and more of the good scientific information she undoubtedly possessed, but maybe that is because this book is really meant for true newbies.

This is definitely going on my to-recommend list.
