

SESI PENGKAYAAN ILMU : 'WORK FROM HOME' SIRI 3

SAYA SUKA MEMBACA

SEKSYEN PEMBANGUNAN SUMBER & KATALOG,
PERPUSTAKAAN SULTANAH ZANARIAH,
UTM JOHOR BAHRU, JOHOR

2022

NJSA/2022

ULASAN BUKU 3

Reduce Stress, Heal Wounds,
Relieve Allergies, Boost Energy, and More!

Essential Oils for Health

100 Amazing and Unexpected Uses
for Tea Tree Oil, Peppermint Oil,
Eucalyptus Oil, Lavender Oil, and More



Kymberly Keniston-Pond
CIR, CFR, CCMA

- NURFARAHIN JASMINE SEE ABDULLAH
- PEMBANTU PUSTAKAWAN
- UNIT KATALOG
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SINOPSIS

Discover the power of pure essential oils!

From tea tree and lavender to eucalyptus and peppermint, essential oils have been praised for their ability to lift moods, treat common health ailments, and enhance one's appearance. Essential Oils for Health shows you how to use the all-natural oils in your daily health and beauty routine, from controlling emotional stress to clearing sinuses to smoothing fine lines and wrinkles. Featuring step-by-step instructions and plenty of helpful tips, this book offers 100 essential oil recipes that help: Promote healthy skin, hair, and nails. Boost memory retention and concentration. Reduce stress, anxiety, and fatigue. Treat unsightly blemishes, itchy insect bites, and sunburns. There's really nothing essential oils can't handle--from curing insomnia, to improving digestion, to relieving sore muscles--and all without the need for dangerous chemicals or costly procedures. With Essential Oils for Health, you'll discover all the benefits that a few drops of essential oil can bring.



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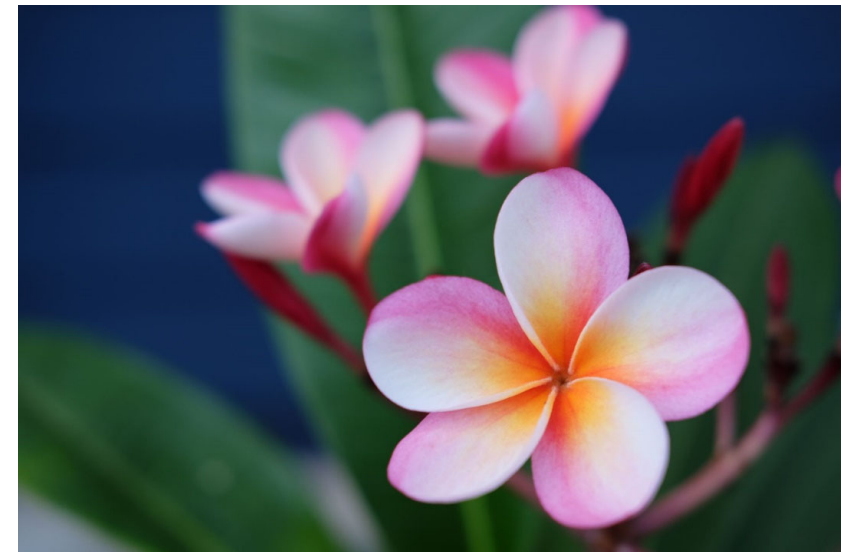
Chapter 3: Emotional Wellness

Chapter 4: Mental and Spiritual Wellness

PART 3: BEAUTY

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INTRODUCTION

The Many Health Benefits of Essential Oils (Minyak Pati)

essential oils for their therapeutic, emotional, and energetic properties

How do you use these oils?

Do you ingest them or not?

Can you use them randomly on the skin without diluting?

What if you are under a doctor's supervision and on medication—are there any contraindications?

How do you store essential oils?

How long will they last?

From what part of the plant do you get the oils?

How are these parts processed?

How do you know you are purchasing pure essential oils?

In this book you will become intimate with twelve essential oils:

clary sage, clove, eucalyptus, frankincense, geranium, ginger, lavender, lemon, peppermint, rosemary, tea tree, and ylang ylang.

These are common and affordable. There are more than 100 simple, yet effective recipes to use in your daily life.

THE MANY HEALTH BENEFITS OF ESSENTIAL OILS

What Is an Essential Oil?

An essential oil is extracted from the flowers, leaves, roots, bark, fruit, resins, seeds, needles, or twigs of a plant or tree. A variety of methods are used to extract the oil, the most widespread form being steam distillation. After the extraction, the liquid on top of the water is the highly concentrated “oil” that will have the aroma of the plant along with all therapeutic properties particular to that plant. The liquid on the bottom is the “hydrosol,” which is a diluted but equally important property. The oil on top is 100 percent pure, 100 percent natural, and contains the full therapeutic, emotional, and energetic properties of the plant.

Essential Oil – minyak pati

What Is a Carrier Oil?

A carrier oil is extracted from the portion of the plant that is fat—usually the seed, kernel, or nut. Each carrier oil has its own therapeutic properties, making these an integral and complementary part of a blend. Some common carrier oils are jojoba, grape seed, coconut, rosehip seed, avocado, apricot kernel, and castor. These are “oily” and will not evaporate.

Carrier Oil – minyak pembawa

▪ **Jenis penulisan yang baca :**

- Resepi + Pengetahuan am + Maklumat penjagaan kesihatan

▪ **Sasaran pembaca :**

- Umum

▪ **Penyampaian penulis :**

- Mudah difahami + sangat menarik

▪ **Pengajaran / kebaikan penulisan :**

- Essential oil seperti lavender sesuai diguna harian
- Cara-cara pembikinan essential oil
- Pencampuran minyak pati yang lain sertai minyak pembawa
- Macam resepi minyak pati boleh bercampuran
- Ada maklumat atau pemberitahuan kesan atas kulit

▪ **Kenapa bahan berkenaan dipilih untuk diulas :**

- Sangat berminat dan meneroka mengenai wangi wanigan
- Bahan yang senang didapati saja



- **Font yang digunakan**

- Bersesuai dengan pembacaan
- Pelbagai jenis format font
- Penggunaan warna font yang pelbagai – kurang sesuai dan sukar untuk dibaca

- **Gaya penulisan**

- Mudah dan santai, sangat menarik

- **Bahasa yang digunakan**

- Mudah difahami
- Menarik perhatian untuk terus membaca!

- **Fizikal bahan**

- Kulit lembut
- Ringan
- 243 mukasurat!
- Gaya persembahan isi kandungan yang menarik
- Tiada gambar bunga .

TERIMA KASIH

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