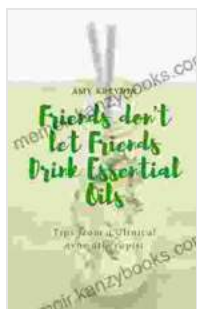


Friends Don't Let Friends Drink Essential Oils: Tips From Clinical Aromatherapist



Essential oils are becoming increasingly popular, but many people are unaware of the potential risks associated with ingesting them. In her book, *Friends Don't Let Friends Drink Essential Oils*, clinical aromatherapist Jodi

Cohen shares her knowledge about the safe and effective use of essential oils.



Friends Don't Let Friends Drink Essential Oils (Tips from a Clinical Aromatherapist Book 1) by Amy Kreydin

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1467 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 16 pages
Lending	: Enabled



Cohen begins the book by explaining the basics of essential oils, including how they are made and how they work. She then discusses the different ways to use essential oils, including inhalation, topical application, and diffusion. Cohen also provides a comprehensive guide to the most common essential oils, including their properties and benefits.

One of the most important things that Cohen emphasizes in her book is the importance of using essential oils safely. She warns against ingesting essential oils, as this can be dangerous and even life-threatening. Cohen also advises against using essential oils on children under the age of 6, as their skin is more sensitive and they are more likely to experience adverse reactions.

Friends Don't Let Friends Drink Essential Oils is a valuable resource for anyone who wants to learn more about the safe and effective use of essential oils. Cohen's book is full of practical tips and advice, and it is written in a clear and concise style.

Chapter 1: The Basics of Essential Oils

In Chapter 1, Cohen provides a comprehensive overview of essential oils. She explains what essential oils are, how they are made, and how they work. Cohen also discusses the different ways to use essential oils, including inhalation, topical application, and diffusion.

Cohen emphasizes the importance of using essential oils safely. She warns against ingesting essential oils, as this can be dangerous and even life-threatening. Cohen also advises against using essential oils on children under the age of 6, as their skin is more sensitive and they are more likely to experience adverse reactions.

Chapter 2: A Guide to the Most Common Essential Oils

In Chapter 2, Cohen provides a comprehensive guide to the most common essential oils. She includes information on the properties and benefits of each oil, as well as its safety precautions.

Some of the most common essential oils that Cohen discusses include:

- Lavender oil
- Peppermint oil
- Tea tree oil
- Eucalyptus oil

- Lemon oil

Cohen also provides information on less common essential oils, such as:

- Helichrysum oil
- Frankincense oil
- Myrrh oil
- Spikenard oil
- Ylang-ylang oil

Chapter 3: Using Essential Oils Safely

In Chapter 3, Cohen discusses the importance of using essential oils safely. She provides tips on how to avoid skin irritation, allergic reactions, and other adverse reactions.

Cohen also provides information on how to use essential oils around children and pets. She advises against using essential oils on children under the age of 6, as their skin is more sensitive and they are more likely to experience adverse reactions.

Friends Don't Let Friends Drink Essential Oils is a valuable resource for anyone who wants to learn more about the safe and effective use of essential oils. Cohen's book is full of practical tips and advice, and it is written in a clear and concise style.

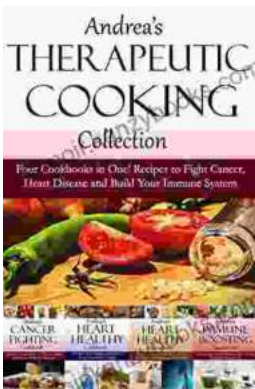
Whether you are new to essential oils or you have been using them for years, I encourage you to read this book. Cohen's insights and advice will help you to use essential oils safely and effectively.



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