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The Essential Life Book Second Edition contains all the new oils and blends as well as an updated Quick Reference Guide. This book will give both the novice oil user and the oil expert insight into using essential oils not only to address health concerns, but also for everyday use in the home through cooking, cleaning, blending, gardening, pets & much more. This book will also help you understand how to use the oils with your baby and through pregnancy. Designed to be incorporated into all aspects of your life you'll see topics such as: First Aid, Body Systems, Recipes, Oils Blending, Pets, Gardening, Supplementary Products, and much more. The book's quick reference guide is a very easy-to-use way to know which oils you can use for more than 600 health concerns. From Athlete to Parent this book is a must have.

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