

Learning to use your first 10 oils with confidence...

- Lavender (*Lavandula angustifolia*)
- Lemon (*Citrus limon*) or Orange (*Citrus aurantium*)
- Peppermint (*Mentha piperita*)
- Tea Tree (*Melaleuca alternifolia*)
- Rosemary (*Rosmarinus officinalis*)
- Eucalyptus (*Eucalyptus sp.*)
- Marjoram (*Origanum majorana*)
- Rose Geranium (*Pelargonium odorantissimum*)
- Frankincense (*Boswellia carteri*)
- Myrrh (*Commiphora molmol*)

These 10 essential oils span the full range of scents from sweetly floral, to bright menthol, and pungent balsam. They give cheering top notes, balancing middle notes, and long lasting bass notes to fragrant or therapeutic blends. They offer a full range of beneficial actions to strengthen the immune system and hasten healing, relief, and comfort.

80+ recipes offer a full range of beneficial actions for beauty, health, and home.

The Beginners' Book of Essential Oils Colouring Book

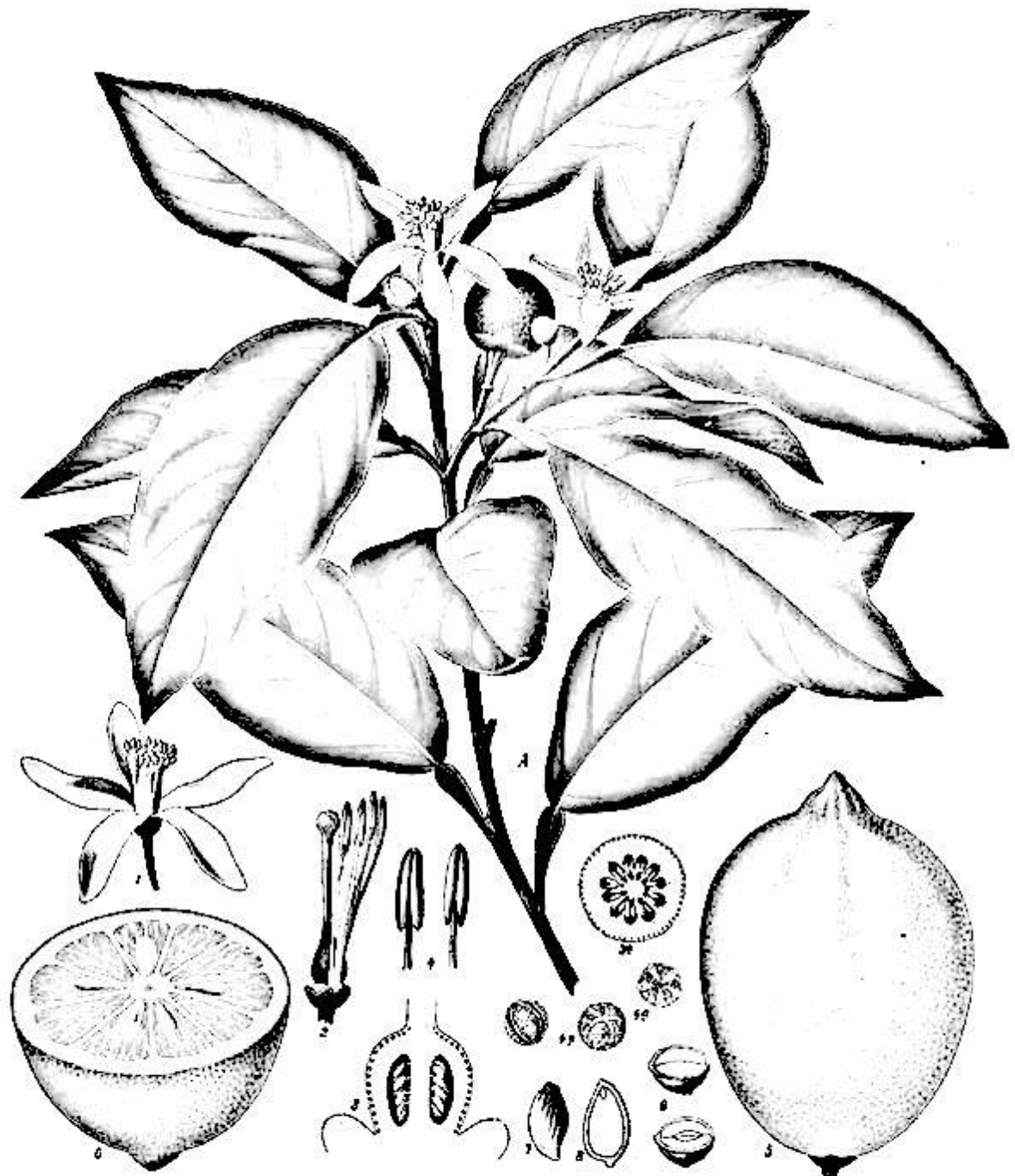
This colouring book is to aid you in your study of these 10 essential oils. We learn best when we engage all our senses including touch, so put some essential oils in your diffuser, and grab some colouring pencils, print out a paper copy of this adult colouring book and colour. Relax your mind, breathe deeply, and let the essential oils help you learn about them, as you colour each picture.

Notice the spikey thorns on myrrh, and the soft needle-like leaves on rosemary and lavender. Does the way the plant looks, remind you of its scent?

These pictures are botanical drawings that have passed into the public domain. Their makers are no longer on the earth, but their legacy lives on in these prints. I hope you enjoy this colouring experience.

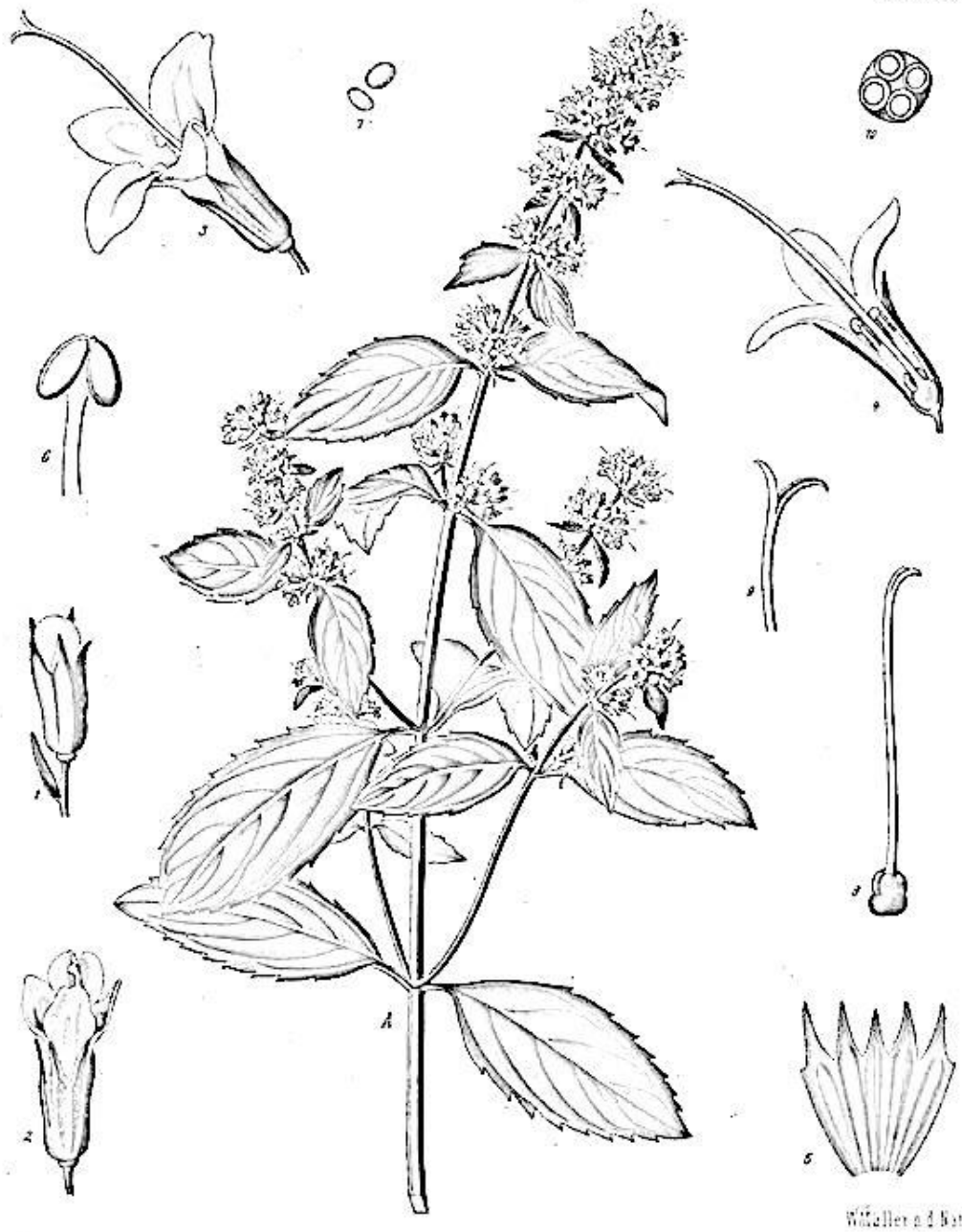


Citrus vulgaris Risso

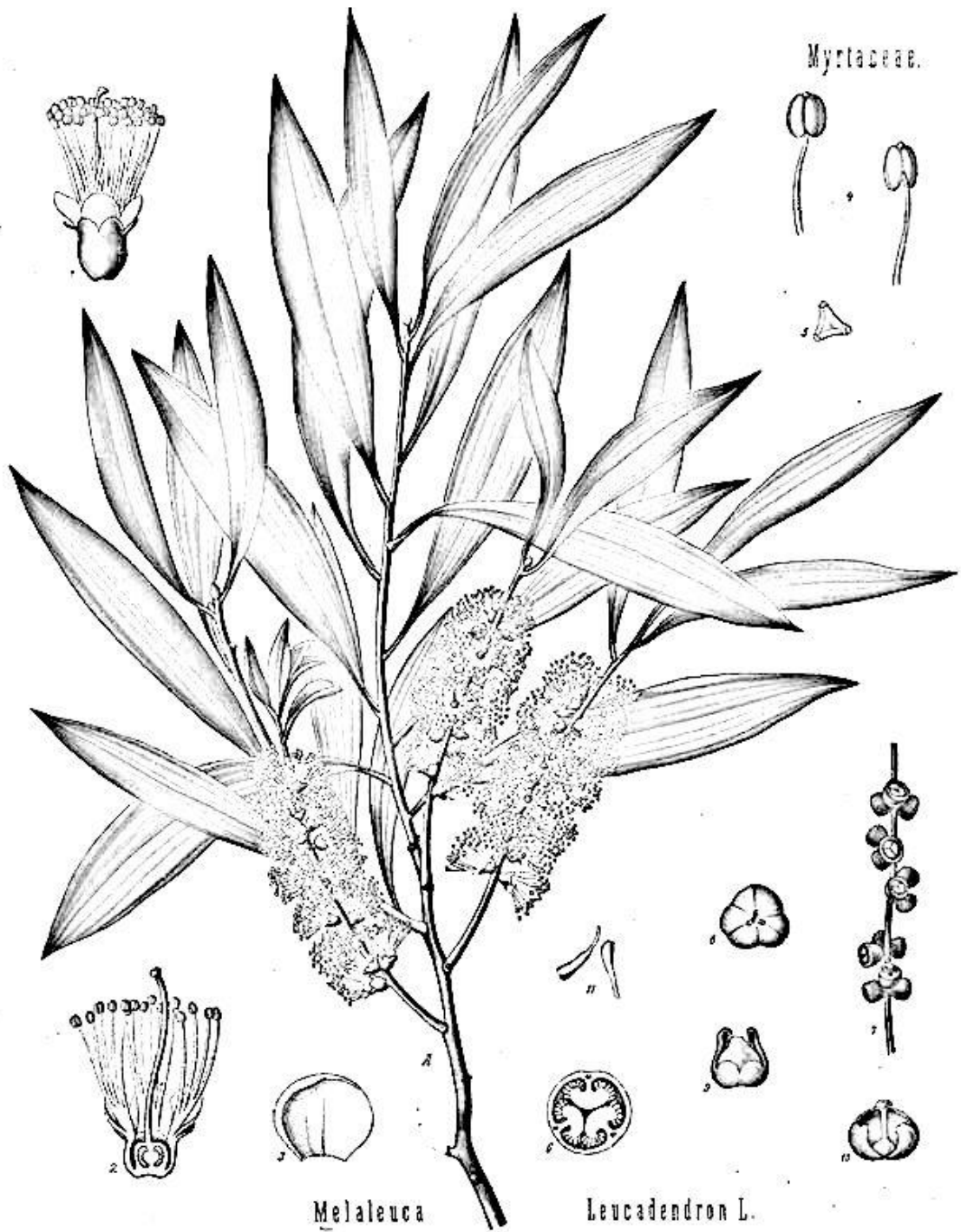


Citrus Limonum Risse.

Labiatae



Mentha piperita L.



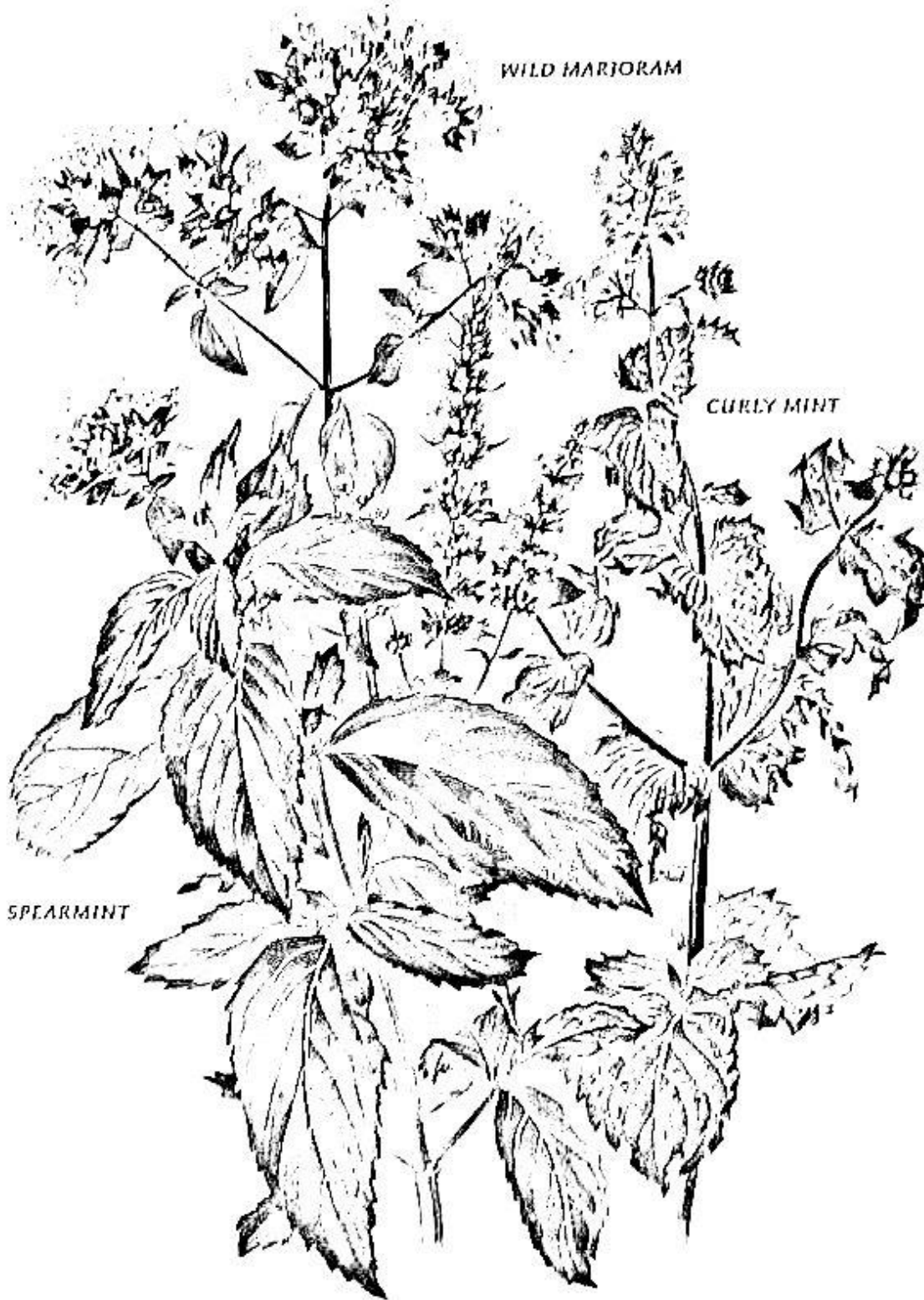


Rosemary (Rosmarinus Officinalis)



Myrtaceae
(Eucalyptaceae)

Eucalyptus Globulus Labillardiere.



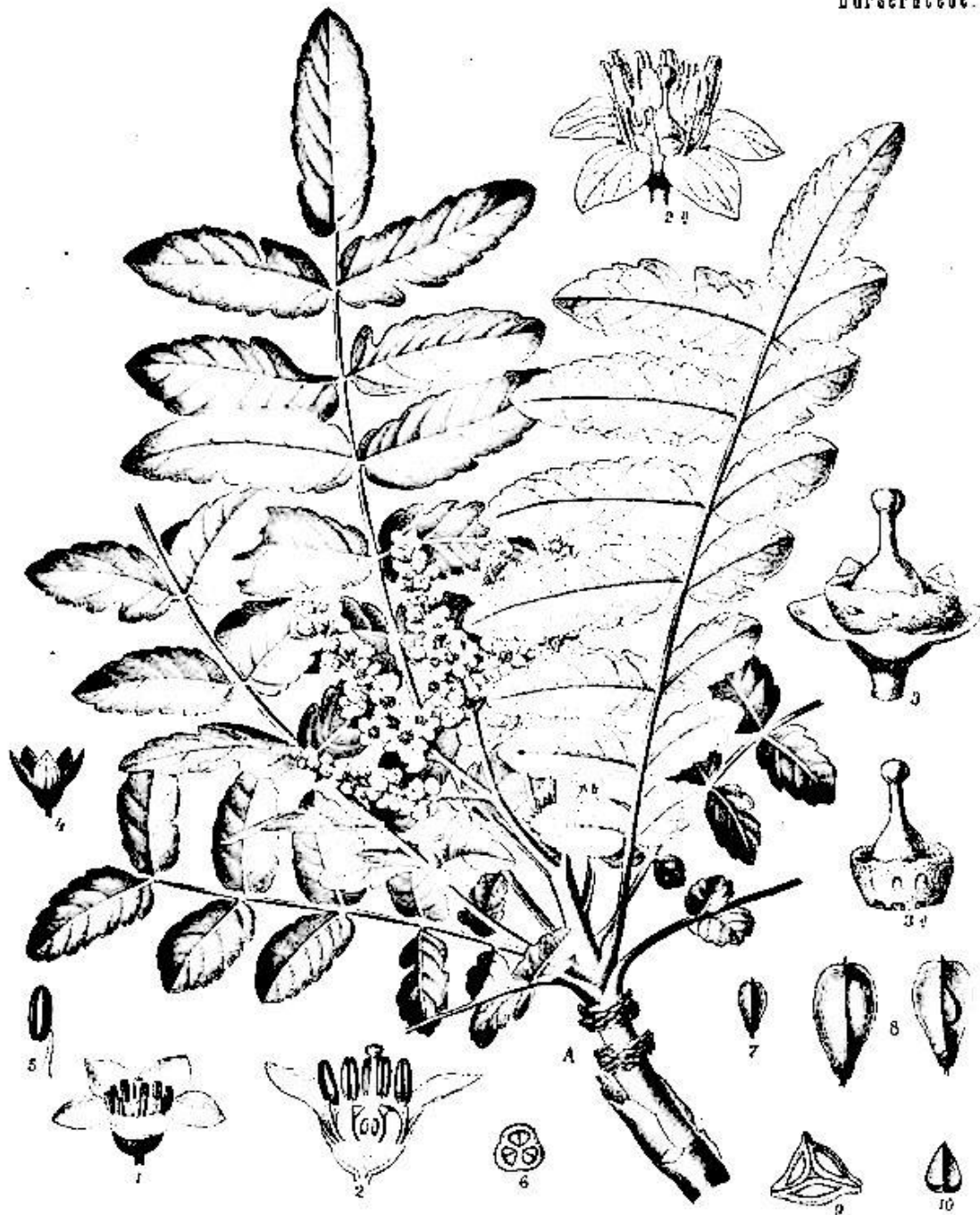
WILD MARJORAM

CURLY MINT

SPEARMINT



Geraniaceae
The Geranium Tribe



Boswellia Carterii Birdw.



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DEARFIELD & CO. NEW YORK

BALSAMODENDRUM MYRRHA, Nees.

H. B. K. HANDEL & CO. LEIPZIG

