



# **The Portable Essential Oils: A Pocket Reference of Everyday Remedies for Natural Health & Wellness**

*Anne Kennedy*

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**Everyday ailments have a way of sneaking up on us. Compact enough to fit in the glove compartment or handbag, *The Portable Essential Oils* is your take-anywhere guide to 250 of the most fundamental essential oil remedies anytime you need them.**

Having access to your essential oils when you need them is important, and also that essential oils are not a one-size-fits-all remedy. In *The Portable Essential Oils*, natural health expert Anne Kennedy offers ailment-specific essential oil therapies to address common health concerns?enabling you with safe, convenient ways to take your well-being into your own hands?including:

- 50 of the most versatile essential oils, including 7 must-haves for home or on-the-go
- 250 essential oils remedies for or everyday health issues
- Essential Oil remedies that are safe for use with children and at which ages
- Shopper's guide on which essential oils to buy, which to be wary of, and important questions to ask

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