

# EOPR—quick use tips

R A I N D R O P S & R O S E S T E A M

## ESSENTIAL OILS POCKET REFERENCE GUIDE

THE RESOURCE IS LIKE THE "BIBLE" FOR ESSENTIAL OIL USERS

The tabs are suggested based on most frequent issues I've been asked about and I've needed to look up for myself, my family, my friends and those people seeking to address their health goals.

## APPLICATION TECHNIQUES

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## TAB THE SECTIONS MOST USED

This reference guide is arranged in a manner that may not seem user-friendly on initial observation. The issues are not listed alphabetically. However, once you familiarize yourself with the layout it becomes a very useful and indispensable tool for you to make the best use of your essential oils and supplements.

### Personal Usage Directory (PUD)

If in doubt, scan the PUD (pgs vi-xi)

That may help you to determine how the issue you're searching for is classified. (Skin problems: Acne, blisters, boils, burns, dry skin, cuts, scrapes/etc., fungal infections, itching, poison ivy, psoriasis) What that means is acne is not under A but under Skin, then acne)

There is also a full-sized Desk Reference Guide available for the more serious student of essential oils. The desk reference has information on all of the supplements and other products which are also available from Young Living.

Available from Life Science Publishers or ask your direct upline if they have access at a discount.



### Suggested ways to TAB

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## PERSONAL USAGE—CHAPTER 7 BEGINS ON PAGE 182

### Taking charge of your Health

This section helps you to look at your own individual health challenges and set some health goals. It covers nutrition,

environmental pollution, poor physical fitness, mood and spirituality.

Reading through this section before you start using your products will help you to feel more

confident and develop a plan unique to yourself and your family that suits your individual needs.

Safety precautions and mixing information is found in this section.