



Essential Oils

When using Essential Oils (EO) always use a therapeutic grade. Look for 100% pure and a high quality product. This does not always mean the best is the most expensive. My personal experience and research leads me to believe that a lot of the money we spend on EO is for the marketing and packaging of the product and has nothing to do with the quality of the oil.

Purity and quality are not the same thing when it comes to Essential Oils. High quality EO are always 100% pure. Low quality EO are diluted with additional ingredients and can change the effect on the body.

Look for tips and facts regarding Essential Oils and Aroma Therapy by reading the MichelleNardi.online monthly newsletter or contact me.

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