



# **How to Tell if an Essential Oil is Pure: The 4 Best Ways to Ensure the Purity and Quality of Your Essential Oil for Therapeutic Results Plus+ A Simple ... You Can Do! (Healing with Essential Oil)**

*KG Stiles*

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# How to Tell if an Essential Oil is Pure: The 4 Best Ways to Ensure the Purity and Quality of Your Essential Oil for Therapeutic Results Plus+ A Simple ... You Can Do! (Healing with Essential Oil)

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Most of us who love aromatherapy and use essential oils as part of a healthy lifestyle know about the importance of the purity and quality of our essential oils. ?In order for pure essential oils to have the active chemical properties known for stimulating therapeutic effects, as well as to have unsurpassed aroma quality essential oils must be pure, unadulterated and distilled from only the finest plant materials or cold pressed from fresh peel. ?In this LoveNotes you will learn the four (4) best ways to assure purity and quality of your essential oil, as well as a little known simple at-home test you can perform yourself for finding out if your essential oil is pure and unadulterated.

“I can think of no one better to teach aromatherapy than KG Stiles. Her 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is unsurpassed!” -Eldon Taylor, Ph.D., FAPA, New York Times Best-selling Author, ‘Choices and Illusions.’

“It has been a pleasure working with KG Stiles. She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils. Thank you, KG!” ~Linda McGwire, RN, BSN, HNC-B

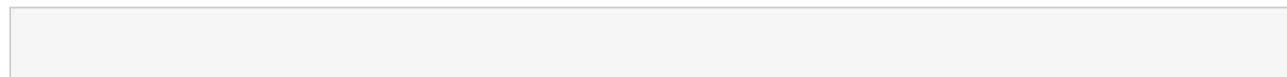
I highly recommend this course to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique.” ~John L. Turner, MD, Neuro-surgeon, Author - Medicine, Miracles & Manifestations

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Hope you love your LoveNotes as much as I enjoy creating them for you!

Aromatically yours,  
-KG

KG Stiles, Author  
Certified Clinical Aromatherapist  
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